



Suresh Angadi Education Foundation's

Angadi International School

(Affiliated CBSE, New Delhi)



Grade:IV

Subject: Science Lesson 1 Worksheet

A. Choose the correct option.

- Which of these is not a protein-rich food?
a. egg b. cauliflower c. chicken d. milk
- Which of these contains a good amount of roughage?
a. water b. butter c. milk d. fruit
- Which of these minerals helps our body to form blood?
a. iron b. calcium c. potassium d. sodium
- Which of these is used as a preservative?
a. milk b. oil c. nuts d. water

B. Fill in the blanks.

- Nutrients give us _____ to work and play.
- Foods such as chapatti, poha and idli are rich in _____
- Water helps to remove _____ from the body.
- Chillies and grapes are preserved by _____

C. Circle the odd one out.

- oil nuts bread ghee
- chicken carrot milk egg
- pulses spinach orange cauliflower
- rice idli potato banana

D. Answer these questions.

- How does roughage help our body?
- Why should we cook food before eating it?
- How can we preserve peas and carrots for several months?