

## Chapter-1

**GRADE:4**

**Topic: Food we eat**

**Month: March**

**Subject: Science**

### **I. New words.**

1. Energy
2. Nutrients
3. Carbohydrates
4. Proteins
5. Vitamins
6. Mineral
7. Roughage
8. Balanced
9. Diet
- 10 Preservatives

### **Exercise For Revision**

**A. Tick (✓) the correct answers.      Page No. 9**

1. (d)
2. (d)
3. (b)
4. (b)
- 5.(b)

**B. Circle the odd ones.**

1. butter
2. cereals
3. sugarcane

### **Activity**

**Given alongside is the lunch that Shreya had today.      Page No. 10**

**Tick() in the columns to show the food component(s) each food item contains and answer the questions that follow.**

**Yes, it is a balanced diet.**

**A balanced diet contains all the nutrients like carbohydrates, proteins, fats, vitamins and**

**minerals, and roughage and water.**

### **Exercise For Revision**

**A. Fill in the blanks.      Page No. 12**

- 1. diet**
- 2. waste**
- 3. low**
- 4. Sugar**

**B. Tick ( ) the correct answers**

- 1. (d)**
- 2. (c)**
- 3. (c)**
- 4. (d)**

**II. Short answer questions:**

**Q1. When do we need food?**

**Ans. Food gives us energy to study, play and work. It help us to stay fit and healthy.**

**02. Name tus source each of carbohydrates. fats and proteins?**

**Ans :Sources of carbohydrates.**

- 1. Cereals**
- 2. Potatoes**

**Sources of fats**

- 1. Butter**
- 2. Ghee**

**Sources of proteins.**

- 1.Paneer**
- 2. Pulses**

**Q3 Why do growing children need more proteins?**

**Ans. As proteins are body-building food they help in overall growth of the body. So, growing children need more proteins.**

**Q4. What are protective foods? When do we need them?**

**Ans: Food that are rich in vitamins and minerals are called as protective food. Examples are fruits and vegetables.**

**We need them because they keep us fit and protect us from diseases.**

**Q5. Why is roughage an important item of our diet?**

**Ans. Roughage are the fibres present in our food. It helps to remove undigested food from the**

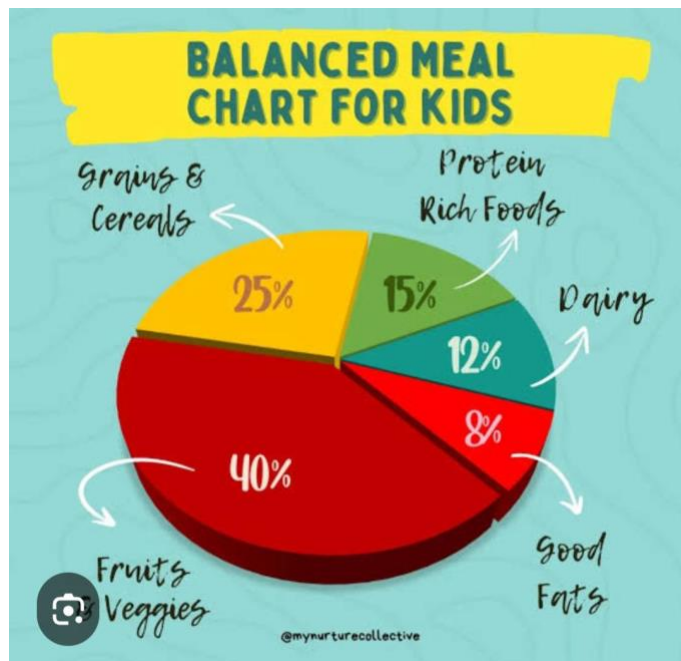
body. So, it is important in our diet.

**Q6. Why should we drink plenty of water every day?**

**Ans :** We should drink plenty of water every day because of the following reasons:-

1. It helps to dissolve, digest and absorb the food.
- 2). It helps to remove waste from the body through sweat and urine.

**Q7. List the food items of the balanced diet as per ten year old child ?**



### III. Long answer questions.

**Q1 What are nutrients? Name the nutrients and write the main function of each.**

**Ans:** The substances that are needed by our body for energy, good health and proper growth are called nutrients. There are five main nutrients:-

**1. Carbohydrates:-**

**Function:** Provides energy for the body's activities.

**2. Proteins**

**Function:** Essential for growth, repair, and maintenance of tissues and organs

**3. Fats**

**Function:-** Provide energy to our body.

**4. Vitamins**

**Function:-** Keep us fit and help fight diseases

**5. Minerals**

**Function:- keep us fit and help fight diseases**

**Q2. Write two sources and functions each of Vitamin D and iron.**

**Ans. Vitamin D**

**Sources:- Sunlight, milk, egg, fish etc**

**Function-Keeps the bones and teeth healthy.**

**Iron**

**Sources: Spinach, green leafy vegetables etc.**

**Function: Essential for the formation fo blood.**

**Q3. Write any five ways to avoid wastage of food at your home.**

**Ans: We can avoid wastage of food in the following ways.**

- 1. Take small portions of food. Finish everything on the plate.**
- 2. Do not cook a large quantity of food.**
- 3. Keep the food items in air tight container.**
- 4. Never leave cut fruits and vegetables exposed to air for a long time.**
- 5. Keep the cooked food in the refrigerator to prevent it from getting spoiled.**

**Teacher Sign : Mrs. Rupa P.**

**Principal signature:**

