

**Grade 4
Science****Food and Health****A Fill in the blanks**

1. _____ and _____ juice are rich in carbohydrates.
2. _____ keeps our body warm.
3. _____ helps in making blood.
4. _____ is complete food.
5. _____ and _____ are food preservation.
6. _____ or _____ destroys the nutrients present in food.
7. Proteins are called _____ nutrients.
8. Fats and carbohydrates are also called _____ nutrients.
9. _____ and _____ are called as protective nutrients.
10. People who do lot of physical work need more _____.
11. Food contains _____ that provide nourishment to our body.
12. All things that we eat everyday is called _____.
13. Our hair is made up of _____.
14. Water makes up nearly _____ of our body weight.
15. A _____ contains all the nutrients such as carbohydrate, fat, proteins, vitamins, minerals and roughage in correct amount.

B Circle the odd one out.

1. Rice, wheat, soya bean, potatoes
2. Calcium, vitamin D, iron, potassium
3. Oil, cheese, milk, eggs

C State true or false

1. Water is not necessary for our body. _____
2. Vitamin B is called the sunshine vitamin. _____
3. Red chillies can be preserved by keeping them in water. _____
4. Canning requires removal of moisture. _____
5. Roughage helps the body to get rid of undigested food. _____
6. Calcium makes our bones and teeth strong. _____
7. Water makes up nearly 90% of our body weight. _____
8. Roughage can be easily digested. _____
9. A balanced diet has only carbohydrate and proteins. _____
10. Jam cans are sealed after removing moisture from them. _____

C Match the following

Column A	Column B
1. Body building nutrient	a. Preservation
2. Protective nutrient	b. Proteins
3. Makes food last longer	c. Sunlight
4. Forms blood	d. Vitamins and minerals
5. Source of Vitamin D	e. Iron

Answers

- A.
1. Rice, sugarcane
 2. Fats
 3. Iron
 4. Milk
 5. Salt, sugar
 6. Over-frying, roasting
 7. Body-building
 8. Energy-giving
 9. Vitamins, minerals
 10. carbohydrates
 11. Nutrients
 12. Diet
 13. Protein
 14. 70%
 15. balance diet
- B.
1. soya bean
 2. vitamin D
 3. Oil
- C.
1. False
 2. False
 3. False
 4. True
 5. True
 6. True
 7. False
 8. False
 9. False
 10. True
- C.
- | | | | | |
|------|------|------|------|------|
| 1. b | 2. d | 3. a | 4. e | 5. c |
|------|------|------|------|------|