

**Grade 4
Science****Food and Health****A Choose the correct option.**

1. How is calcium useful to us?
 - a. Makes our bones and teeth strong
 - b. Maintains healthy eyesight
 - c. Helps in the formation of blood
 - d. Maintains balance diet
2. We need 6–8 hours of _____ in a day.
 - a. Playing
 - b. Sleep
 - c. Food
 - d. Water
3. A seed of water melon containing
 - a. Vitamin B
 - b. Iron
 - c. Minerals
 - d. All of these
4. Which of the following method of food preservation?
 - a. Freezing
 - b. Canning
 - c. Boiling
 - d. All of these
5. What is the function of roughage in our body?
 - a. It helps to build muscles
 - b. It prevents constipation
 - c. It give us energy
 - d. It protects us from diseases
6. Rohan falls ill very frequently. What should he take to improve his immunity?
 - a. To take fruits and vegetables everyday
 - b. To drink a glass of milk twice a week
 - c. To take bread and butter twice a day
 - d. To take Chapati with dal daily in evening
7. Dehydration is a method of preserving food by
 - a. Drying
 - b. Boiling
 - c. Adding salt
 - d. Adding sugar
8. We need 6–8 hours of _____ in a day.
 - a. Playing
 - b. Sleep
 - c. Food
 - d. Water

B Answer in one word.

1. It is the main food for new born babies and complete food. _____
2. It helps the body absorb the nutrients properly. _____
3. It is called the sunshine vitamin. _____
4. The special substance in the blood. _____
5. It is contains all the nutrients in correct amounts. _____

D Answer the following questions.

1. What is food preservation?

Ans. _____

2. Why are Farmers need more carbohydrates?

Ans. _____

3. New born babies are given only milk for several months.

Ans. _____

4. What is the role of food in our body?

Ans. _____

5. Exercise should be part of our daily routine.

Ans. _____

Answers

A.

1. Makes our bones and teeth strong
2. Sleep
3. All of these
4. All of these
5. It prevents constipation
6. To take fruits and vegetables everyday
7. Drying
8. Sleep

B.

1. Milk
2. Water
3. Vitamin D
4. Haemoglobin
5. Balance diet

D.

1. The method used to preserve the nutritional value of food for a long time is called food preservation.
2. Because they do a lot of physical work. So they need more energy.
3. Because milk is a good source of carbohydrates, fats, proteins, vitamins, minerals and water. Milk is a complete food.
4. Food is important for all living beings. It gives us energy to do work and to perform various activities. It also help us to grow and stay healthy.
5. Exercise keeps the body fit. It makes the muscles strong. Lack of exercise makes us lazy and overweight. This is why exercise should be part of our daily routine.