

WORKSHEET -I

Name : _____

Subject : Science

Class : IV Section: _____

Topic : Food-Our Basic Need

Date : _____

T. Sign : _____

I Fill in the blanks:-

1. _____ help to keep our body warm
2. A _____ consists of all the nutrients in the right amount.
3. _____ helps to remove waste materials from our body.
4. We can preserve meat and fish for a longer time by _____.
5. _____ is an ancient method of exercise practiced in India.

II Write 'True' or 'False' for the following statements:-

1. Food items rich in proteins are called energy-giving foods. _____
2. Regular exercise is important to stay healthy. _____
3. Three-fourth of our body weight is water. _____
4. Fats are also called as protective foods. _____

III Give two examples for each of the following:-

1. Calcium-rich food items. _____, _____
2. Iron-rich food items. _____, _____
3. Food items that give us roughage. _____, _____
4. Protein-rich food items. _____, _____
5. Food items rich in carbohydrates. _____, _____

IV Write one word for the following:-

1. Preserving food by removing the water content. _____
2. The part of the plant food that cannot be digested. _____
3. They protect us from diseases and keep us healthy. _____
4. It gives us energy and is stored in the body for later use _____
5. It refers to our body position. _____

V HOTS Questions:

Q 1. What will happen to a person who is not getting enough carbohydrates ?

Ans. _____

Q 2. Neena never sits straight in the class. Do you think it is right? If not, then why?

Ans. _____

