

Azaan International School

Grade: 4

Worksheet

Subject: Science

Name: _____ Date: _____ Roll No: _____ Sec: _____

Chapter 1: Food

I. Fill in the blanks:

1. Carbohydrates and fats provide _____ to the body.
2. _____ helps in the removal of waste matter from the body.
3. A diet that provides all the nutrients in the right amount is called a _____ diet.
4. _____, _____ and whole grains are a good source of roughage.
5. There are two types of carbohydrates _____ and _____.
6. Rice, bread chapattis and noodles belong to the _____ group.
7. _____ is an important mineral we need to have healthy bones and teeth.
8. In _____ water is removed from the food items to stop germs from growing.
9. Sportspeople and labourers do a lot of physical work and therefore require more _____ in their diet.
10. Substances added to the food to keep it fresh for longer time are called _____.

II. Suggest any two things we should eat:

1. to get energy. _____, _____
2. to keep our bones healthy _____, _____
3. to increase blood in the body _____, _____
4. for the repair of the damaged parts of our body. _____, _____
5. to include fibre in our diet _____, _____

III. Name any one method of preserving the following food items.

1. Fish & meat _____
2. Raw mango pieces _____
3. Milk products _____
4. Nuts _____
5. Fruits _____

IV. Give reasons:

1. Food should be cooked before eating.

2. We should not waste food.

V. Observe the food items given in the plate below and write the correct food group.



VI. Complete the food pyramid given below by drawing food items from different food groups:

