

**CLASS – IV**

**SUBJECT– Science**

**TOPIC – Human Body: Food We Eat**

**Solution Key – 1**

## EXERCISE

### A. Choose the correct answer.

1. The essential substances present in food, that nourish the body, are called  
 (a) elements  (b) nutrients   
 (c) resources  (d) components
2. Rice, wheat, maize and potato are rich sources of  
 (a) carbohydrate  (b) minerals   
 (c) proteins  (d) vitamins
3. Which of the following food groups is rich in protein ?  
 (a) rice, wheat, maize  (b) oil, nuts, butter   
 (c) pulses, peas, eggs  (d) orange, banana, amla
4. The fibre content of the food is called  
 (a) mineral  (b) salt   
 (c) vitamin  (d) roughage
5. Wafers, pizza and burgers are the examples of  
 (a) protective food  (b) body-building food   
 (c) junk food  (d) energy-giving food
6. Which one is not a body-building food ?  
 (a) milk  (b) butter   
 (c) meat  (d) burger

### B. Fill in the blanks with the help of words given in the box.

nutrients   fats   proteins   water   carbohydrates

1. Children need more proteins as they are growing .
2. Physical workers need a diet rich in carbohydrates
3. Fats stores energy to be used in future.
4. Water regulates body temperature.
5. A balanced diet contains all types of nutrients.



C. Tick (✓) the correct statements and cross (X) the wrong ones.

1. Butter is a rich source of protein.
2. Vegetables should be washed after chopping.
3. Nutrients of the food are absorbed by the blood.
4. Protein repairs worn out tissues of the body.
5. Cooking makes the food tasty.

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### Science and Sense

1. Growing children of your age are advised to take more protein. Why?

because Hint: Protein helps in body building and repairing of worn out cells.

2. Why does <sup>our</sup> your mother keep items like fruits, vegetables, milk and curd in the refrigerator?

because Hint: These food items spoil quickly at high temperature.



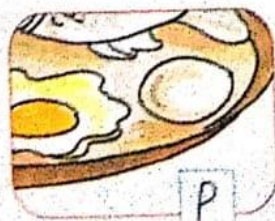
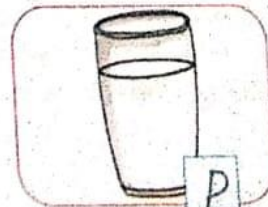
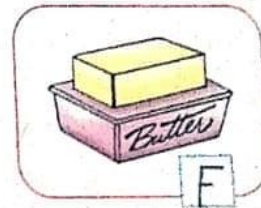
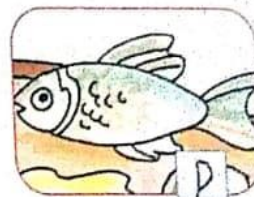


## Learn with Fun

A. Unscramble the following words with the help of clues given below.

- |                                      |               |               |
|--------------------------------------|---------------|---------------|
| 1. A body-building food              | : A E S P     | <u>PEAS</u>   |
| 2. An energy-giving food             | : I E A Z M   | <u>MAIZE</u>  |
| 3. A protective food                 | : P E A P L   | <u>APPLE</u>  |
| 4. A preserved food                  | : A J M       | <u>JAM</u>    |
| 5. A vegetable that can be eaten raw | : R T I U P N | <u>TURNIP</u> |

B. Look at the food items given below. Classify them as protein-rich (P), carbohydrate-rich (C) and fat-rich (F).



**ANSWER KEY OF 6<sup>th</sup> APRIL WORKSHEET**  
**Chapter- HUMAN BODY: FOOD WE EAT**

1. We need food to get energy.
2. Name any TWO sources of:
  - a) Carbohydrates- **sweets, potato**
  - b) Fats- **oil , nuts**
  - c) Proteins- **eggs, fish**
  - d) Vitamins and Minerals- **fresh fruits, milk**
  - e) Roughage- **fruits and vegetables**
3. A diet which has all the nutrients in the right proportion is called balanced diet.
4. Name any TWO ways to avoid wastage of food.  
**Freezing, Canning**
5. What do we get from plants?  
**We get fruits, vegetables and oxygen from plants.**
6. Rice, wheat, maize are the rich sources of carbohydrates.
7. Which one is not a body building food?
  - a) Milk
  - b) Butter
  - c) Meat
  - d) Burger**
8. Children need more proteins as they are growing.
9. Water regulates body temperature.
10. State TRUE and FALSE:
  - a) Butter is a rich source of Proteins. **F**
  - b) Cooking makes our food tasty. **T**

## **ANSWER KEY OF 7<sup>th</sup> APRIL WORKSHEET**

### **Chapter- HUMAN BODY: FOOD WE EAT**

1. **Junk** foods are not good for our health.
2. Too much of fatty and oily things make us **obese**.
3. Proteins are **body building** foods.
4. Carbohydrates give us **energy** to work.
5. Removal of water from any item is known as **dehydration**.
6. Saving food from getting spoiled is known as **food preservation**.
7. Physical workers need a diet rich in **carbohydrates**.
8. Give TWO examples of junk food.  
**Pizza, burger**
9. Unscramble the words:
  - a) A Body Building Food = IRCE- **RICE**
  - b) A Protective Food = RUIFTS- **FRUITS**
  - c) An Energy Giving Food = OPATTO-  
**POTATO**
10. Essential substances present in food that nourish the body are called **nutrients**.