

CLASS-4

Science(Answers)

Chapter-1(Food and Digestion)

A. Tick the correct answer.

1. B
2. C
3. B
4. C
5. B

B. Complete this table of nutrients.

Carbohydrates and fats.	Rice, wheat, potato, Oil, nuts and butter.	Gives us energy to work.
Vitamins.	Fresh fruits, vegetables, Meat, milk, fish, liver.	Help our body to fight diseases.
Minerals.	Fresh fruits, vegetables, Meat, milk, fish, liver.	Help in the formation of bones, teeth and blood.

C. Match the columns.

1. D
2. F
3. E
4. A
5. B
6. C

D. Write short answers.

1. We need food to grow, stay fit, healthy and alive.
2. The three food items which contain starch are rice, wheat and potato.
3. The four sources of vitamins and minerals are fresh fruits, vegetables, meat and fish.
4. A balance diet has the right amount of all the nutrients. Eg: Carbohydrates, fats, proteins, vitamins and minerals.
5. The digested food from the stomach enters into a long coiled tube called the small intestine.

E. Answer these questions.

1. Our teeth bite and chew the food and break it into small pieces. The process of digestion begins from the moment we put food into our mouth.
2. The function of the small intestine is to absorb the digested food and carry it to all the parts of the body.
3. The digestive juices from stomach, small intestine, liver and pancreas help to completely digest the food. The digested food is almost like a liquid till it reaches the large intestine.
4. The process of treating food in a way that preserves its value for a long time is called Preservation.
5. We preserve food in different ways for example refrigeration, boiling, canning, drying etc.