

Girls' High School & College , Prayagraj.

Work Sheet 2

Session 2020-2021

Class 4 A-F

Science

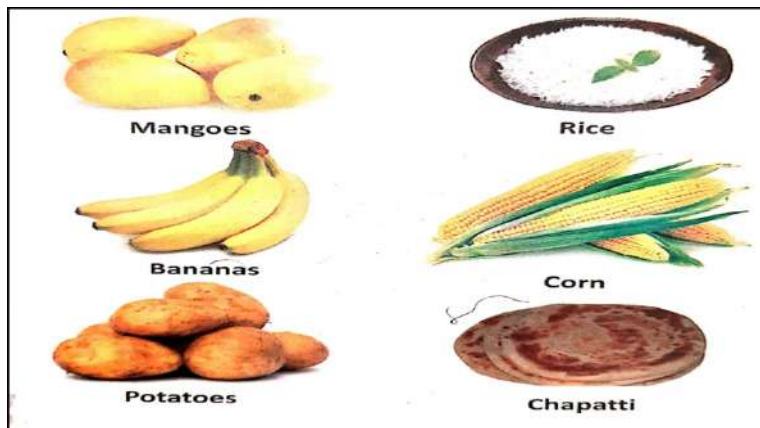
Food We Eat

INSTRUCTIONS FOR THE PARENTS :

*Please ensure that the child reads the subject matter for two days , understands and then answer the questions given below.-

Carbohydrates

Carbohydrates give us energy to do work. People who do more physical work need more carbohydrates. Food items rich in carbohydrates are called energy giving food. Rice , wheat , potatoes , bananas and mangoes contain carbohydrates .



Food items rich in carbohydrates

Fats

Fats just like carbohydrates , too provide a lot of energy . Oil , nuts and butter contain fats. Fats help to keep our body warm . Extra fat is stored in the body for future use . However we must not have too much fat . Fats can make the

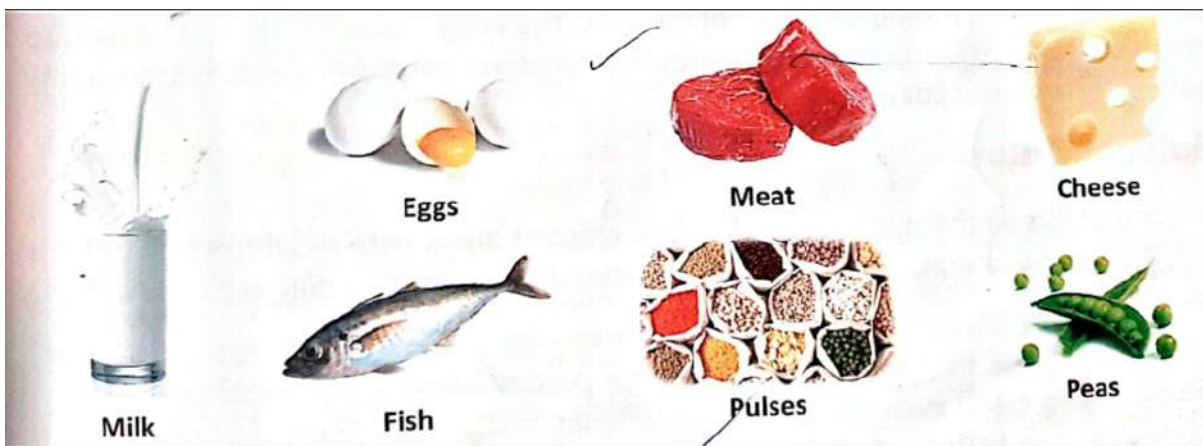
body obese and cause diseases .



Food items rich in fats.

Proteins

Proteins help us to grow. That is why children need more protein. Foods that are rich in proteins are called body building foods. Egg, fish, meat, cheese and pulses contain proteins.



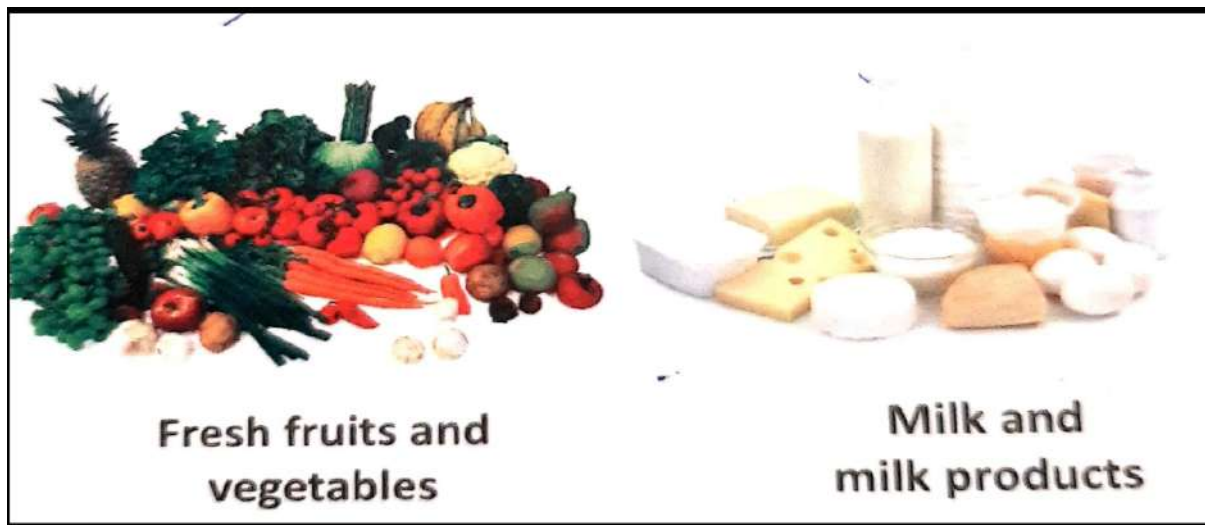
Food items rich in proteins.

Vitamins and minerals

Vitamins help our body to fight against diseases. We must regularly have food which contains vitamins. Vitamin A, B-complex, C, D, E and ,K are some important vitamins required by the body.

Minerals help in the formation of bones , teeth and blood. Some minerals that are required by the body are calcium, iron, potassium, sodium and iodine. Calcium help in the formation of teeth and bones . Iron helps in the formation of blood.

We get vitamins and minerals from fresh fruits, vegetables, meat, fish, cheese and milk. Foods rich in vitamins and minerals keep us fit and healthy and are called protective food.



Food items rich in vitamins and minerals.

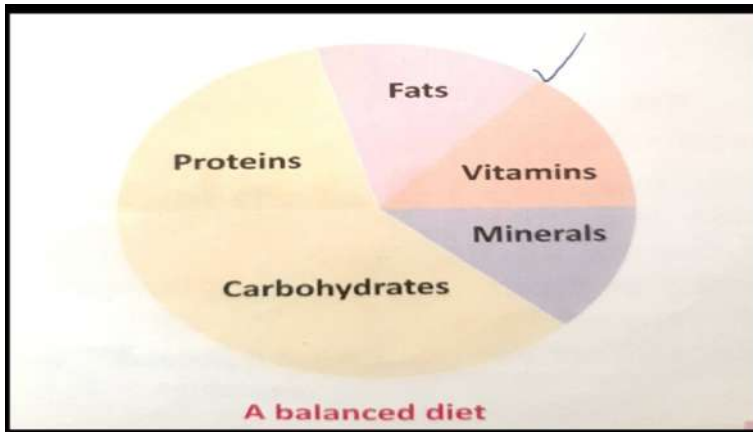
Roughage and water

Part of the plant that cannot be digested is called roughage. Roughage is very important, as it helps the body to get rid of waste.

Water is essential for our body to function properly. It helps us to digest food. We must drink plenty of water everyday. Three- fourths of our body weight is water.

Balanced diet

A diet that has all the nutrients in the right amount along with roughage and water is called a balanced diet.



(Q1) Give one word answer

1. Energy giving food-_____
2. Body building food-_____
3. Protective food-_____

(Q2) Fill in the blanks .

1. _____give us energy to work.
2. People who do more _____ work need more carbohydrates.
3. _____ helps to keep our body warm.
4. _____ help us to grow.
5. _____ is essential for our body to function properly.
6. _____ help our body to fight against diseases.

(Q3) State true or false

1. Rice , wheat and potatoes contain carbohydrate.
2. Too much of fat is good for us .
3. Oil , nuts and butter contain proteins .
4. Meat , peas and pulses contain fat.

(Q4) Answer the following questions in short:

1. Why is roughage important for the body?
2. What is a balanced diet?
3. What is the role of minerals in our body?
4. Why should we avoid eating too much of fat?

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