

**Worksheet-1**  
**Class - 4 A to F**  
**SCIENCE**  
**LESSON 1**  
**FOOD WE EAT**

**Note-** Dear parents make sure that your ward understands, learns and is able to do the exercises followed by the explanation.

Food is necessary for all living beings. Food is required to grow, to stay healthy and to give us energy for various activities. The different substances that are present in food are called nutrients. The main nutrients present in food are carbohydrates, fats, proteins, vitamins and minerals.

**EXERCISE1-**

Write the names of any three food items that you ate in-

1. Breakfast
2. Lunch
3. Dinner

**EXERCISE2-**

Fill in the blanks-

1. \_\_\_\_\_ is required to grow and stay healthy.
2. The substances present in food are called \_\_\_\_\_.
3. We need \_\_\_\_\_ to work and play.

**EXERCISE3-**

Write true or false-

1. We all can live without food.
2. Food helps us to fight against diseases.
3. Food is required to repair our body tissues.

**\*\*END\*\***