

# **GIRLS' HIGH SCHOOL & COLLEGE, PRAYAGRAJ**

**SESSION: 2020-21**

**REVISION WORKSHEET NO.1**

**CLASS -4; SECTIONS: A TO F**

**SUBJECT - SCIENCE**

**CHAPTER– FOOD WE EAT**

## Instructions to the parents:

Parents are expected to ensure that the child reads the chapter one more time thoroughly from the book and revise the worksheets related to the chapter to do this Revision Worksheet.

### **I. Fill in the blanks-**

1. Carbohydrates and \_\_\_\_\_ gives us energy.
2. A balanced diet contains all the \_\_\_\_\_ that we need in the right amount to be healthy.
3. Pulses, cheese, beans and meat are good sources of \_\_\_\_\_.
4. We need \_\_\_\_\_ for strong and healthy teeth.
5. We cook food to make it easy for us to eat and \_\_\_\_\_.

### **II. Answer in ONE word -**

1. They protect us from diseases and keep us healthy and fit.

2. The part of the plant food that cannot be digested.
3. The process of preserving food in cans in the absence of air.
4. It helps in absorption of Calcium which keeps our bones healthy.
5. It helps in the formation of blood.

### **III. Write True or False-**

1. Body building foods are rich in protein.
2. Spinach, pomegranates, apples and grapes contain potassium.
3. Sugar, salt and oil are used as preservatives to prevent the growth of germs.
4. Overcooking of food does not destroy its nutrients.
5. Regular exercise and playing outdoor games helps us stay fit.

### **IV. Answer in short-**

Q.1- Name the main types of nutrients that should be present in a balanced diet.

Q.2- Name some important vitamins required by our body.

Q.3- Name any two energy giving foods.

Q.4- Name any two sources of vitamins and minerals.

Q.5(a)- How many hours of sleep do we need in a day?

Q.5(b)- In what way lack of sleep affects us?

\*\*\*\*\*End\*\*\*\*\*