St. Thomas School Indirapuram

Science Worksheet

Class-4

Chapter no 5. Our Body- Food and Digestion

1.	Write	the definition of the following terms-
	a)	Balanced diet-
	b)	Preservation-
	c)	Digestion-
	d)	Saliva -
	e)	Nutrients -
2.	Give to	wo examples of each-
		Body building food,
		Energy giving food
	c)	Protective food,
	d)	Roughage,
	e)	Any two sources of minerals
3.	Write	the name of any four vegetables that can be eaten as salad.
4.		boiled some vegetables in excess of water. When she was throwing extra her mother stopped her. Explain the reason why her mother stopped her?
5		s father bought some seasonal fruits and kept it on the dining table. Her
J.		er covered those fruits with the cotton cloth. Explain, why she covered those

 IV. We should drink at least glasses of water everyday. V is the hollow muscular bag which churns the food into fine paste. VI. Digested food is taken by to various parts of the both VII. The solid waste food is removed from the body through VIII is the method of preservation in which food it kept in a refrigerator for some days. 	space	given.	nents are given below which are incorrect. Rewrite correctly in the is the tube like structure that connects mouth to the stomach.
the sun to stop the growth of germs. c) Bile juice is secreted by mouth. d) Minerals are required in large quantities by our body for smooth functioning. Fill in the blanks- I is the nutrient that helps us to grow. II. Saliva is produced by III. Eating uncovered food can lead to the disease like IV. We should drink at least glasses of water everyday. V is the hollow muscular bag which churns the food into fine paste. VI. Digested food is taken by to various parts of the both of the solid waste food is removed from the body through VIII is the method of preservation in which food its kept in a refrigerator for some days.			
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8. Draw and label the diagram of digestion.