

# 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-

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b) Preservation-

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c) Digestion-

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d) Saliva -

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e) Nutrients -

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2. Give two examples of each-

a) Body building food- \_\_\_\_\_, \_\_\_\_\_

b) 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. Anna boiled some vegetables in excess of water. When she was throwing extra water, her mother stopped her. Explain the reason why her mother stopped her?

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5. Anna's father bought some seasonal fruits and kept it on the dining table. Her mother covered those fruits with the cotton cloth. Explain, why she covered those fruits?

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6. Some statements are given below which are incorrect. Rewrite correctly in the space given.

a) Liver is the tube like structure that connects mouth to the stomach.

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b) Canning is the method of preservation in which food items are dried into the sun to stop the growth of germs.

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c) Bile juice is secreted by mouth.

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d) Minerals are required in large quantities by our body for smooth functioning.

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7. 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 body.
- VII. The solid waste food is removed from the body through \_\_\_\_\_.
- VIII. \_\_\_\_\_ is the method of preservation in which food item is kept in a refrigerator for some days.
- IX. Sprouted grains are rich in \_\_\_\_\_ and \_\_\_\_\_.
- X. \_\_\_\_\_ adds bulk to the food and help in proper bowel movement.

8. Draw and label the diagram of digestion.