INDIAN SCHOOL NIZWA

GENERAL SCIENCE WORK SHEET

CHAPTER- 1 :FOOD AND HEALTH

CLASS:IV _____ NAME:_____ DATE: _____

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I. Fill in the blanks:

1._____ help us to grow and provide us with energy to do work and keep us healthy.

2. _____ are the substances in food that living beings need to live and grow.

3. A daily diet that provides all nutrients in the right amount is called a _____

4. The process by which useful substances in the food are broken down into simpler substances is called _____

5. The techniques which is used to prevent food from spoiling is called _____

II. Choose the correct answer from the given box:

Health-giving foods, Body-building food, Energy-giving food, Saliva, Pancreatic juice, Bile juice, Gastric juice

1. Proteins are known as : _____
2. Carbohydrates and fats known as:_____
3. Vitamins and minerals are known as:_____
4. Liver produces:_____
5. Salivary gland produces:_____
6. Pancreas produces:_____
7. Stomach produces:_____

III. Give 2 examples for each:

1.Protein rich food item:_____ , _____
2.Carbohydrates rich food item:_____ , _____
3.Fats rich food item:_____ , _____
4.Vitamins rich food item:_____ , _____
5.Minerals rich food item:_____ , _____
6.Fibre rich food item:_____ , _____

IV .Complete the passage:

We chew food in the _____. From the mouth, the food passes into the _____. The food goes to the _____ through the food pipe. The food remains in the stomach for few _____ and then goes into a narrow tube called the _____. The process of digestion completed in the _____ . The useful ,simple substances from the digested food enter the _____in the small intestine and the blood transports these substances to every part of the _____. The undigested food goes into the _____ and the waste is removed from the body through the _____

(Mouth_____ …… _____ …….. _____ …… _____ ……..……..….. _____ ……..)

V. Label the diagram:

H.W:VALUE BASED QUESTION (Learn and Understand)

* Why we should not waste food?