

**Class-4**  
**Subject-Science**  
**Chapter-6**  
**Topic-Food And Nutrition**  
**Answer Key**

**A. Define the following.**

1. A diet that contains all the nutrients that a body needs in right amounts is called a balanced diet.
2. Substances or components of food needed by our body to be healthy and strong are called nutrients.
3. Storing of food to prevent it from getting spoilt is called preservation.

**B. Name them.**

1. Saliva.
2. Food pipe.
3. Vitamin D.
4. Salting ,dehydration, canning and cold storage.

**C. Answer these questions.**

1. Digestion is a process by which complex food substances change into simple soluble forms in the presence of enzymes.
2. Saliva helps to soften the food and starts digestion of starch.
3. In stomach food mixes with digestive juices and an acid. The help to breakdown the food particles into still smaller particles. Stomach muscles help to churn the food and mix with juices. The acid helps to kill the germs called bacteria and digest proteins.
4. The organs of digestive system are mouth ,stomach ,liver ,small intestine and large intestine.

**Answers to exercises from page 45 of the textbook. C.**

**Fill in the blanks.**

1. Digest
2. Nutrients.
3. water ,soil, air.
4. Stomach.
5. Starch.

**D. True or false.**

1. True.
2. True.
3. False.
4. False.
5. False.
6. True.

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