

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

**SYNOPSIS:-**

- A. All living things need food to live, grow , for energy and protection against diseases.
- B. Nutrients are the substances in our food needed by our body to be healthy and strong.
- C. Food items contain five types of nutrients.
1. Carbohydrates. (Energy giving food)
  2. Fats. (Energy giving food.)
  - 3 Proteins.(bodybuilding food).
  4. Vitamins. (Protective food).
  5. Minerals. (Protective food.)
- D. We must eat balanced diet that has all the nutrients that our body needs in the right amount.
- E. The food we eat need to be broken down into simpler substances to be absorbed by the blood. This process is called digestion.
- F. The organs of digestive system are mouth, food pipe ,stomach, liver, small intestine and large intestine.
- G. Digestive juices present in the mouth and stomach help in breaking the food and an acid present in the stomach kills the bacteria and helps to digest proteins.
- H. Cooking makes food soft, tasty, easy to digest and it also kills germs which may be there.
- I. We must follow healthy eating habits and avoid junk food. Junk food may not have the nutrients that our body needs.
- J. Preservation of food it is a method of storing food to prevent it from getting spoilt.
- K. The ways of preservation are salting canning cold storage and dehydration.

**Answer the following.**

**A. Define the following.**

1. Balanced diet.
2. Nutrients.
3. Preservation.

**B. Name them.**

1. juice present in the mouth.
2. long tube which connects mouth to stomach.
3. The vitamin we get from sunlight.
4. 4 ways of preserving food.

**C. Answer these questions.**

- 1 What is digestion?
2. What is the function of saliva?
3. What happens to food in the stomach?
4. Name the organs of digestive system.

**D. Answer the following exercises from your textbook page 45.**

**C. Fill in the blanks.**

**B. State whether the following statements are true or false.**

**Please refer to the following link below** 

[https://youtu.be/-H\\_bxmH5OVk](https://youtu.be/-H_bxmH5OVk)

<https://youtu.be/bFczvJp0bpU>

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