

**Class 4 Science Answer Key**  
**Topic: Food and Nutrition**

1) Define:-

- a) To save food from getting spoilt is called preservation.
- b) A diet that contains all the nutrients that our body needs in right amount is called a balanced diet.
- c) Digestion is a process by which complex food substances change into simple soluble forms in the presence of enzymes.
- d) Nutrients are nourishing substances.

2) Name them.

- a) Boiling, roasting, baking
- b) Rice, wheat, sugar
- c) Meat, egg, fish
- d) Fruits and vegetables
- e) Saliva

3) Fill in the blanks.

- a) tender, digest
- b) Vitamins
- c) water, food, soil
- d) stomach
- e) glands, starch

4) Answer the following.

- a) The four methods of food preservation are cold storage, canning, salting, drying and dehydrating.
- b) We should take more carbohydrates because they are the main energy giving food.
- c) Vitamins and minerals keep our body fit and free from diseases therefore they are called protective food.
- d) 4 healthy eating habits are-
  - I) Eat a balanced diet.
  - II) Never eat in between meals.
  - III) Drink plenty of water every day.
  - IV) wash your hands before and after eating.