

**Class 4 Science Worksheet**  
**Topic: Food and Nutrition**

**Synopsis:**

- All living things required for food to live.
- All living things need food for energy, growth and repair of tissues and to keep the body healthy and strong.
- Foods are of different types: These are carbohydrates, proteins, fats, vitamins, mineral salts and water.
- During digestion complex food substances are changed into simple forms.
- A digestive system consists of mouth, stomach, liver, small intestine and large intestine.
- Digestive juices from our mouth stomach and small intestine help to digest food.
- Cooking makes the food soft, tasty and digestible it also kills the germs in the food.
- Boiling roasting baking steaming and frying are the different ways of cooking food.
- Food must be protected and preserved properly to avoid its spoilage and the wastage of its nutrients.
- The different ways of preserving food are cold storage, canning, salting, drying and dehydrating.

**Please do the following exercises in your school exercise book.**

1) Define:-

a) Preservation b) balanced diet c) digestion d) nutrients

2) Name them.

- a) Name any two ways of cooking food.
- b) Name any two energy giving products.
- c) Name any two body building food items.
- d) Name any two protective food products.
- e) Name the digestive liquid in mouth.

3) Fill in the blanks.

- a) Cooking makes the food soft \_\_\_\_\_ and easy to \_\_\_\_\_.
- b) Sometimes overcooking destroys \_\_\_\_\_ in the food.
- c) Microbes are found in air \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.
- d) The muscular bag in the digestive system is the \_\_\_\_\_.
- e) Saliva released from the salivary \_\_\_\_\_ helps in the digestion of \_\_\_\_\_.

4) Answer the following questions.

- a) List four methods of food preservation.
- b) Why should we take more carbohydrates?
- c) Why are vitamins and minerals called protective food?
- d) List any four healthy eating habits.

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