



**Class: IV**

**Subject: Science**

**Date: 30/05/2020**

**Topic: Answer Keys for Worksheets 5, 6, 7, 8, 9 & 10**

**Worksheet 5, Date: 11/05/2020**

**1.Fill in the blanks with suitable words :-**

- a. We must eat a balanced diet every day for **good health** and proper **growth**.
- b. To avoid food wastage, we should take **small** portions of food and finish everything on the plate.
- c. In summer we should keep fruits and vegetables in the **refrigerator** .
- d. We should dry food items in **airtight** containers.

**2. Learn the answer of the following question :-**

- a. What is a balanced diet?

**Ans.** A diet the contains a proper amount of all the nutrients along with roughage and water is called a balanced diet.

## Worksheet 6, Date: 12/05/2020

### 1. Fill in the blanks with suitable words :-

- a. Food items get spoiled because of the **harmful microbes**.
- b. **Spoiled** food is not good for our health.
- c. For long term use we should **preserve** our food.

### 2. Choose the correct option for the following statements :-

- a. A refrigerator keeps food at -
  1. High temperature
  2. Low temperature .

**Ans. Low temperature.**

- b. Meat, cut fruits and vegetables are generally preserved by -
  1. Deep freezing
  2. Bottling and canning.

**Ans. Deep freezing.**

- c. This acts as preservatives in pickles -
  1. Salt
  2. Cumin powder .

**Ans. Salt**

### 3. Learn the answer of the following question :-

- a. **Why are preservatives used in pickles and jam-jellies?**

Ans. Preservatives prevent the growth of microbes on the food for a long time. That is why preservatives are used in pickles and jam-jellies.

## Worksheet 7, Date: 18/05/2020

### Key words :-

**Nutrients** - Substances that are needed by our body for energy, good health and proper growth.

**Roughage** - Fibres present in food.

**Preservatives** - Substances that are added to prevent spoilage of food.

### Exercise for revision :-

#### A. Choose the correct answer :-

1. A balanced diet contains a proper amount of -

- a. *Nutrients* b. *Roughage* c. *Water* d. *All of these.*

**Ans. All of these.**

2. Which of the following is/are not preserved by refrigeration?

- a. *Fruits* b. *Vegetables* c. *Milk* d. *Salt.*

**Ans. Salt.**

3. By which of the following methods is water removed from food?

- a. *Bottling* b. *Canning* c. *Drying* d. *All of these .*

**Ans. Drying.**

4. In which of the following food items are salt and oil used as food preservatives?

- a. *Jams* b. *Jellies* c. *Pickles* d. *All of these.*

**Ans. Pickles.**

5. Which of the following is not a mineral?

- a. *Sodium* b. *Iron* c. *Iodine* d. *Milk.*

**Ans. Milk.**

#### B. Fill in the blanks with suitable words :-

1. The food we eat daily is our **diet**.

2. We should not **waste** food.

3. Food like cereals contain **protein**.

Now learn the answers of the questions below :-

1. **From where do we get energy to work?**

Ans. We get the energy to work from the food we eat.

2. Name two sources each of carbohydrates, fats and proteins.

Ans. Two sources of carbohydrates - Sugar, potatoes.

Two sources of proteins - Milk and Milk products, fish.

Two sources of fats - Butter, cheese.

3. Why do growing children need more proteins?

Ans. Growing children are at their body-building ages. So they need more proteins for building their muscles and to have a proper growth.

4. What are protective foods? Why do we need them?

Ans. Vitamins and Minerals are called protective foods.

We need vitamins and minerals because they keep us fit and help in fighting diseases.

5. Why should we drink plenty of water every day?

Ans. We should drink plenty of water every day because it helps dissolve, digest and absorb the food, it helps to remove waste from the body through sweat and urine.

6. Learn the answer of the following long-answer question :-

a. Why do we need food?

Ans. We need food because - It gives us energy to study, play and work.

It helps us to grow.

It helps us to stay fit and healthy.

It protects us against diseases.

It helps to repair the different parts of the body.

Tap on the underlined blue sentence below to watch the video content of the chapter "The Food We Eat " for overall revision and better understanding :-

[The Food We Eat](#)

## Worksheet 8, Date: 19/05/2020

### 1. Fill in the blanks with suitable words :-

- a. Deserts are areas that receive **less** or **no** rain fall.
- b. **Cactus** is an example of desert plant.
- c. The leaves of the desert plants are reduced to **thin** and **sharp spines** to minimize the loss of water.
- d. **Peepal** and **Gulmohar** are two examples of deciduous trees.
- e. **Mango** and **Banyan** are two examples of evergreen trees.

### 2. Learn the answer of the following questions :-

#### a. **What are evergreen trees?**

Ans. Some trees in the plains remain green throughout the year. These are called evergreen trees.

#### b. **Write one adaptation of desert plants.**

Ans. In desert plants, instead of leaves, the stem is modified to store water.

## Worksheet 9, Date: 28/05/2020

### 1. **Fill in the blanks with suitable words :-**

- a. The trees in hilly areas are **tall** and **conical** .
- b. The leaves of trees in hilly areas have **waxy** coating .
- c. The trees in hilly areas usually do not have flowers , but instead they have **cones**.
- d. **Pine** is an example of a tree that grow in hilly areas.
- e. The region that is present near the sea or a river is called **marshy land** .
- f. **Mangrove trees** are examples of plants that grow in marshy regions.

2. **Learn the answer of the following questions :-**

a. **What are breathing roots?**

Ans. The roots of the plants in marshy regions grow above the clayey soil to breathe, these are called breathing roots.

b. **Why do trees in hilly regions have waxy coating on their leaves?**

Ans. Trees in hilly regions have waxy coating on their leaves to protect them from the cold and from the strong wind.

## **Worksheet 10, Date: 29/05/2020**

**In this worksheet, only follow the instructions and perform the activity.**