



STEPPING STONE  
SCHOOL (HIGH)

CLASS: IV

Subject: Science

Date: 29-04-2020

Topic: The Food We Eat

Time Limit: 30 Minutes

*Worksheet No. : 3*

*[Copy the questions following the notes and solve them on a sheet of paper date wise. Keep the worksheets ready in a file to be submitted on the opening day.]*

**Now we are going to read about the sources and functions of vitamin A, B, C and D:**

<u>Vitamins</u>	<u>Sources</u>	<u>Function</u>
Vitamin A	Green leafy vegetables.	Improves eyesight and keeps the skin healthy.
Vitamin B	Whole grains (cereals), pulses, green leafy vegetables, nuts.	Maintains working of digestive and nervous system (brain and nerve) properly.

Vitamin C	Amla, citrus fruits (lemons and oranges), tomato, guava etc.	Keeps the teeth and gum healthy.
Vitamin D	Milk, egg, fish.vitamin D is also produced in the body when the skin is exposed to <u>sunlight</u> .	Keeps the bones and teeth healthy.



### Minerals:

Minerals also protect us from diseases and keep us fit and healthy.

**Iron, calcium, iodine and phosphorus** are some important minerals.

Minerals	Source	Function
<b>Iron</b>	Green leafy vegetables. (spinach), Jaggery.	It is needed for the function of blood.
<b>Calcium</b>	Milk, cheese, curd, green leafy vegetables.	It is needed for the development of teeth and bones.

# Foods High in Iron



Beef spleen



Pork liver



Clams



Potatoes



Fortified cereals



Spinach



Beans, lentils

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# Calcium-Rich Foods





This is **Jaggery**. In Hindi it is called **Gurh**.



This is **Curd**. In Hindi this is called **Dahi**.

### **Enquiry Box**

### **Now let us try to answer a few questions**

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

- a. \_\_\_ is a good source of vitamin A.
- b. Minerals protect our body from \_\_\_.
- c. \_\_\_ is needed for the function of blood.
- d. \_\_\_ is a good source of vitamin B.

**2. Choose the correct answer for the following questions:**

a. Which mineral is needed for the development of teeth and bones?

1. Calcium
2. Iron

b. Sunlight is a good source of

1. Vitamin A
2. Vitamin D

c. Which vitamin improves eye sight and keeps the skin healthy?

**1. Vitamin B.**

**2. Vitamin A**

**3. Learn the answer of the following question:**

**a. Write one function of vitamin B.**

**Ans. Vitamin B helps to maintain working of digestive and nervous systems (brain and nerves) properly.**