



**CLASS: IV**

**Subject: Science**

**Date: 09/05/2020**

**Topic: Answer Keys For Worksheets 1, 2, 3 & 4**

**Worksheet 1, Date: 27/04/2020**

1. Fill in the blanks with suitable words:-

- a. We get **energy** from the food we eat.
- b. There are **5** main nutrients present in the food we eat.
- c. Rice contains **carbohydrate**.
- d. Growing children need more **Protein**.

2. Choose the correct answer from the given options:-

a. Food helps us to-

1. Grow
2. Sleep

**Ans. Grow.**

b. Carbohydrates are called-

1. Energy giving food
2. Protective food

**Ans. Energy giving food.**

c. Proteins are called-

1. Energy giving food.
2. Body building food

**Ans. Body building food .**

d. Sports persons need more-

1. Carbohydrates.
2. Fats

**Ans. Carbohydrates.**

3. Learn the answer to the following question:-

a. Name three sources of protein.

Answer :- Three sources of protein are milk ,chicken and fish.

## **Worksheet 2, Date: 28/04/2020**

1. Answer the following questions in one word :-

- a. Foods rich in fats are called - **Energy giving food.**
- b. The excess fat we eat can make us- **Obese.**
- c. Foods rich in vitamins are called - **Protective food.**

2. Match the following columns :-

- |                            |                            |
|----------------------------|----------------------------|
| a. Butter                  | 1. Good source of fat.     |
| b. Basic types of vitamins | 2. Five                    |
| c. Obesity may cause       | 3. Heart diseases          |
| d. Green leafy vegetables  | 4. Good source of vitamins |

## **Worksheet 3, Date: 29/04/2020**

1. Fill in the blanks with suitable words :-

- a. **Carrot** is a good source of vitamin A.
- b. Minerals protect our body from **diseases** .
- c. **Iron** is needed for the function of blood.
- d. **Pulses** are 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

**Ans. Calcium.**

b. Sunlight is a good source of -

- 1. Vitamin A
- 2. Vitamin D

**Ans. Vitamin D.**

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

- 1. Vitamin B.
- 2. Vitamin A

**Ans. 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 system and nervous system (brain and nerves) properly.

## Worksheet 4, Date: 30/04/2020

### Revision Exercise:-

( Questions are given from the content of worksheets 1,2 3 and 4)

A. Choose the correct answer :-

1. Food gives us energy to --

**Ans. All of these.**

2. Which of the following are not nutrients?

**Ans. Roughage and water .**

3. Carrots are a good source of vitamin ---

**Ans. A**

4. Spinach is good source of --

**Ans. Iron.**

5. Which of the following are good sources of roughage?

**Ans. All of these.**

2. **Circle the odd ones :-**

a. Potato    Wheat.    Rice.    **Butter**

b. Ghee.    **Cereals.**    Oil.    Cream

c. **Sugar cane.**    Pea.    Paneer.    Soya bean.

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

a. Write one function of roughage part of food in our body.

**Ans.** Roughage helps to remove undigested part of food from the body.