



GENERAL SCIENCE CH: 1 FOOD AND HEALTH

Name: _____ Date: _____ Class: IV Sec: ____

I Fill in the blanks:

1. The process by which useful substances in the food are broken down into simpler substances is called _____.
2. We must eat _____ diet.
3. _____ help us to grow and provide us with energy to do work and keep us healthy.
4. A daily diet that provides all nutrients in the right amount is called a _____.
5. The body needs energy to do _____.
6. _____ help us to protect the important organs in our body.
7. _____ are the substances in food that living beings need to live and grow.
8. The body needs _____ to repair the damaged parts, especially during sickness and injury.
9. The techniques which is used to prevent food from spoiling is called _____.
10. The _____ present in our food remains undigested and it helps to clean our digestive system.
11. Improper cooking methods can destroy _____.
12. Vitamin _____ is easily destroyed by high temperature.

II Choose the correct answer from the given box:

Health-giving foods, Body-building food, Energy-giving food, Saliva, Pancreatic juice, Gastric juice
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- 1.* Stomach produces: _____
2. Proteins are known as : _____
3. Carbohydrates and fats known as: _____
4. Vitamins and minerals are known as: _____
- 5.* Salivary gland produces: _____
- 6.* Pancreas produces: _____



III Give 2 examples for each:

1. Protein rich food item: _____ , _____
2. Carbohydrates rich food item: _____ , _____
3. Fibre rich food item: _____ , _____
4. Minerals rich food item: _____ , _____
5. Fats rich food item: _____ , _____
6. Vitamins rich food item: _____ , _____ 5

IV State True or False

- 1 Pickles can be preserved by canning and bottling. _____
- 2 Bananas are rich in carbohydrates. _____
- 3 Freshly prepared food is safe and clean. _____
- 4 Fibres are body building food. _____
- 5 We must not eat a balanced diet. _____
- 6 Food grains like wheat and corn are rich in fibre. _____
- 7 The body works all the time. _____
- 8 Proteins provide energy to the body. _____
9. Vitamins and minerals are health giving foods. _____
10. Fat protects the internal organs. _____

V Write any five good eating practices.

1. _____
2. _____
3. _____
4. _____
5. _____



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