

**BCM SCHOOL, CHANDIGARH ROAD, LUDHIANA
A SENIOR SECONDARY SCHOOL OF BCM FOUNDATION,
AFFILIATED TO CBSE, NEW DELHI.**

Worksheet

Class – IV

Subject - Science

Lesson- 5

Que.1) Fill in the blanks:

1. Two types of carbohydrates are _____ and _____.
2. We should drink _____ glasses of water daily.
3. _____ is used to make haemoglobin.
4. Vitamin _____ is needed for proper blood clotting.

Que.2) Classify the following into:

1. macro minerals and trace minerals:
Calcium, iron, phosphorus, sodium, copper, zinc
2. fat soluble vitamins and water-soluble vitamins:
Vitamin A, B, D, E, C, K

Que.3) Correct the statements:

1. Carbohydrates are also known as body building food.

2. Canning is the process of removing moisture from food.

3. Vitamins acts as the body's reserve tank of energy.

4. Our body needs just as tiny bit of each macro mineral.

Que.4) Correlate and complete and series:

1. Vitamin D : sunlight :: Vitamin C : _____
2. Carbohydrates : energy giving food :: Mineral : _____
3. Fat soluble : _____ :: water soluble : Vitamin B.
4. Citrus fruit : _____ :: sunlight : vitamin D.

Que.5) Answer in one word:

1. Another name for dietary fibre_____.
2. Minerals necessary for the production of thyroid hormone.
3. This method involves soaking the food in a salt solution.
4. Substance essential for the proper growth and functioning of the body.













Que.6) Activity Based Questions:

1. Myra does not take green vegetables in her diet. Is she taking balanced diet?
Why / Why not?

2, Which method of preservation should be used for the following food items:

- | | |
|-------------|-----------|
| 1) Mangoes: | 4) Milk: |
| 2) Pulses: | 5) Fish: |
| 3) Lemons: | 6) Juice: |

Que7. Select (tick) healthy food among these food items

 egg	 broccoli	 cupcake
 pizza	 chips	 apple
 almonds	 french fries	 soda
 cookie	 banana	 the super COMPUTER

Que.8) Read the passage and answer the following questions.

Proper food is a basic requirement of health. Health does not mean the absence of disease; it rather means the presence of energy and vitality. Most of the food we eat daily does not contain essential nutrients needed for health and prevention of diseases. There are various kinds of foods. Protective foods are essential for the prevention of diseases and are needed both by the healthy and the sick. They are rich in vitamins and minerals. Energy giving foods are rich in carbohydrates and are needed by those who are engaged in hard physical labour. Body building foods are rich in proteins. Diet of growing children, adolescents and nursing mothers should contain a sufficient quantity of protein for growth and for repair and maintenance of body tissues.

Questions:

1. The real meaning of health is :

- (A) absence of disease (B) a fat body
(C) presence of vitality and energy (D) sharp memory

2. Which food is needed both by the healthy and sick?

- (A) fast food (B) junk food
(C) protective food (D) Food rich in fats

3. Protective foods are rich in :

- (A) Carbohydrates (B) Vitamins
(C) Minerals (D) Both B and C

4. Body building foods are rich in

- (A) vitamins (B) fats
(C) proteins (D) minerals

Que.9

