

TENDER HEART HIGH SCHOOL, SEC-33B, Chd.  
Class: IV  
Subject: Science

Topic: Food We Eat  
Date: 15.04.2024

Good morning students

This lesson is for class IV for the subject of science. Topic Food We Eat and is to done in the notebook. It is being submitted to you on 15.04.2024.

Q1. Which organ system helps in the digestion of food?

Ans Digestive system helps in the digestion of food.

Q2. What are nutrients? Name them

Ans Components of food are called as nutrients. The main components of food are carbohydrates, proteins, fats, vitamins and minerals.

Q3. Why is food containing proteins called body-building food?

Ans Proteins are required for the growth of the body and also help to repair the damaged cells.

Q4. Why should we eat a balanced diet?

Ans We should eat a balanced diet as it contains all the food nutrients in the right amount, it will save us from health problems.

Q5. Food from which groups of food pyramid should be eaten in more amount?

Ans Food shown in larger groups are to be eaten in more quantities. We should eat carbohydrates, vegetables and fruits in large amount.

Q6. Write any four ways to avoid food wastage.

Ans i) Leftover food should be kept in the fridge.

ii) We should not buy or cook food more than required.

iii) Dairy products such as milk, cheese, curd etc should be eaten as early as possible.

iv) We should use sealed food items before the date mentioned on the packaging as 'Best Before'.

Q7. Who needs more proteins?

Ans Young children should eat more of proteins as they need them for their growth.

Q8. What is the importance of roughage in our diet?

Ans Roughage is also known as dietary fibre. It does not get digested, itself, but keeps our digestive system healthy. It helps in easy bowel movements.

Q9. Why are some patients given glucose drip?

Ans Some patients are given glucose drip as glucose provides instant energy to the body and also helps in the speedy recovery of the patients health.

Q10. Old and sick people are advised to eat more fruits. Why?

Ans During old age and in sick people the body becomes weak and the digestive system does not work properly. They are always advised to eat more fruits as fruits contain vitamins

and minerals which helps them to fight against diseases.

Home assignment

Draw and colour two food items for each type of nutrients.

Thank you.