

TENDER HEART HIGH SCHOOL, SEC-33B, Chd.

Class: IV

Subject: Science

Topic: Ch-1-Revision

Date: 22.04.24

Good morning students

A revision worksheet of Ch-1 Science is being submitted to you on 22.04.24

Ch-1-Food We Eat

1. Write the names of two food nutrients for each nutrient

a Carbohydrate

b Fat

c Protein

d Vitamins

e Roughage

2. Fill in the blanks

a. Food gives \_\_\_\_\_ to work.

b. Rice is a rich source of \_\_\_\_\_

c. People doing physical work need more \_\_\_\_\_

3. Define the following

a. Nutrients:

b. Roughage:

c. Balanced diet:

4. Say True or False:

a. Fats provide energy.

b. Two-third part of our body is made up of water.

c. We should eat food more than required.

d. We should eat salad everyday.

e. Roughage is found in spinach.

5. Rewrite the sentences correctly.

a. Carbohydrates are called body-building food.

b. Glucose is not an instant energy resource.

c. Balanced diet keeps us sick.

6. Answer the following questions.

a. Old and sick people are advised to eat more fruits, why?

b. Write any two ways to avoid food wastage.

c. Why are some patients given glucose drip?

Home-assignment

Do the above work in your notebook.