

St. Andrews Scots School
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I.P. Extension, Patparganj, Delhi -110092
Session 2025-26

Class: IV Subject: Science Topic: Food-Our Basic Need Lesson No: 1

- **Reading of the chapter**
- **Explanation (will be done in class)**

(Textbook exercise)

- **A. Tick (✓) the right answer.**

1. (a) Potato
2. (c) Proteins
3. (a) Constipation
4. (b) Roughage

B. Fill in the blanks.

1. Energy
2. Proteins
3. Fruits, vegetables
4. water
5. Fruits, vegetables

- **C. Match the following.**

1. - (c) blood formation
2. - (e) Bone formation
3. - (f) carbohydrates
4. - (b) Preservation method
5. - (a) Growth
6. - (d) Oil

• **D. Write whether the following statements are (T) for True or (F) for false.**

1. True
2. False
3. True
4. False
5. True

(Notebook Work)

New Words

1. Components
2. Nutrients
3. Carbohydrates
4. Proteins
5. Vitamins
6. Minerals

7. Calcium
8. Roughage
9. Food Preservation
10. Spoilage

• **Fill in the blanks.**

1. Carbohydrates are essential for giving **energy** to the body.
2. **Proteins** are also called bodybuilding food.
3. **Fruits** and **vegetables** are protective foods.
4. Three-fourths of body weight is of **water**.
5. **Fruits** and **Vegetables** are stored in refrigerators.
6. Too much of fat is not good for health as it causes **Obesity**.

• **Defines**

1. Energy — Ability to do work
2. Obesity — Excessive fat in a body
3. Microorganisms — Organisms visible only under a microscope
4. Spoilage — Decay of food

• Short Question Answers

Q.1 Labourers need more carbohydrates. Why?

Ans. They have to do more physical works

Q.2 Name any two protective food items.

Ans. Milk, fruits.

Q.3 What is balanced diet?

Ans. The diet that contains all nutrients, roughage and water in right amount is called balanced diet.

Q.4 Name two diseases caused by eating spoiled food.

Ans. Diarrhoea , Typhoid.

Q.5 What is the role of fats in our body?

Ans. Fats provide energy to our body and keeps our body warm.

• Long Question Answers

Q.1 What are nutrients? Name and classify them in different categories.

Ans. Nutrients are the substances that are needed by our body for good health, growth and energy.

Nutrients are divided into three categories:-

- 1) Energy-giving nutrients- Fats, Carbohydrates
- 2) Body-building nutrients- Proteins
- 3).Protective nutrients- Vitamins, Minerals

Q.2 Why are roughage and water important for our body?

Ans. Roughage adds bulk to our food and prevents constipation. Water is essential for proper functioning of our body. It maintains body temperature and removes waste from the body.

Q.3 What is food preservation? Explain any two methods.

Ans. Food Preservation means to prevent the food items from getting spoilt without affecting its nutritive value.

Two methods of food preservation are:

- (i) Refrigeration - Food items like fruits and vegetables are kept in cold storage because bacteria do not grow at low temperature.
- (ii) Canning - In this method food is sealed in bottles and cans after killing germs in it.

Q.4 Differentiate between carbohydrates and proteins.

Ans. Carbohydrates provide energy to body. Proteins help in growth and development of a body.

• **Give reasons.**

1. Krishna eats a packet of potato chips, a bowl full of french fries and a burger daily. Is it a good habit? Explain.

Ans. No, it is not good because it is not a balanced diet. It contains only fats and carbohydrates.

• **Diagrams.**

1. Sources of carbohydrates



potatoes



sugarcane

2. Sources of fats



butter



cheese

3. Sources of proteins

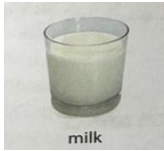


eggs



fish

4. Sources of vitamins and minerals



milk



fruits

- **Dictation**

Any 10 words

- **Activity**

Observe your diet for three days and note what you eat in your meal. Note down the major nutrients these foods contain. Do this activity in your science notebook.