



Grade: 4

Ln.No: 1 -The Food We Eat

Subject: Science

Worksheet: 1

Date:20:6:22

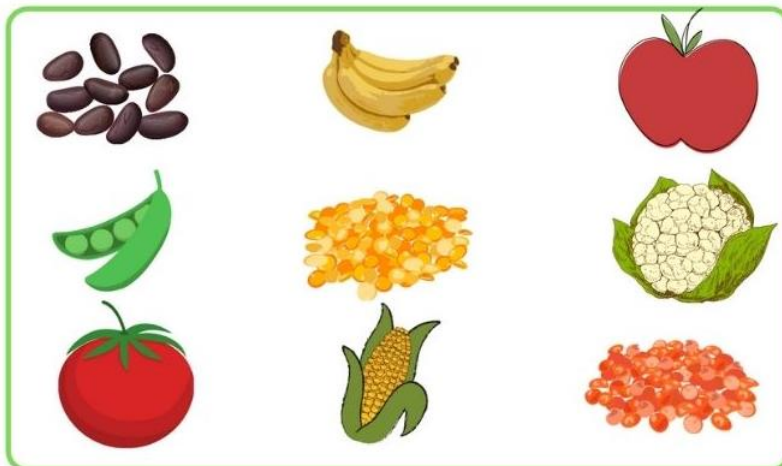
I.Fill in the blanks with the correct options.

- 1.We get food from _____ (plants/ plants and animals).
- 2.We make ghee, butter, curd from _____ (milk/eggs).
- 3.Eating a lot of _____ (vegetables/ candies) is unhealthy.
- 4.Regular exercise will make our body _____ flexible/ hard)
5. A human needs ____ (6/8) hours of sound sleep every day.

II. Give two examples for each.

1. Food we get from plants _____, _____.
2. Food we get from animals _____, _____.
3. Food rich in proteins _____, _____.
4. Food rich in fats _____, _____.
5. Food rich in iron _____, _____.

III. Name the nutrients present in the below picture.



I.Fill in the blanks using the given options.

(Unhealthy, food, breakfast, every day, three, state. Energy, milk, 6-8, afternoon)

1. We need _____ and water to live.
2. Most of us eat _____ meals a day.
3. Healthy food gives us _____ to work and play.
4. Food made from milk are called _____ products.
5. We should drink _____ glasses of water daily.
6. We eat _____ in the morning.
7. We eat lunch in _____.
8. Eating a lot of candies is _____.
9. We should not eat _____ food.
10. We should drink milk _____.

II. Match the food group with its definition

1. Milk products a) _____ keeps us healthy.
2. Proteins b) _____ and _____ when eaten in excess make us obese.
3. Vitamins c) _____ builds our body.
4. Carbohydrate d) _____ keeps us bones and teeth strong.
5. Fats and sugars e) _____ gives us energy.

III. Match the foods with their uses.



HELP TO GROW

GIVES ENERGY



JUNK FOOD

**PROTECTIVE
FOOD**



BEANS AND DAL

DAIRY FOOD



**MILK AND MILK
PRODUCTS**

**PROTECTIVE
FOOD**



**SEEDS AND
NUTS**

**ENERGY GIVING
FOOD**

