



Grade: 4

Ln.no.1-The Food We Eat

Checkpoints

Write true or false. Correct the false statement

1. Food contains nutrients that help us to grow. **True**
2. Foods rich in carbohydrates are called bodybuilding foods. **False**
Foods rich in carbohydrates are called **energy giving foods**.
3. Eating a lot of fat is good for our health. **False**
Eating a lot of fat is **bad** for our health.
4. Vitamins and minerals are called protective foods. **True**

A. Tick the correct answer

1. Nutrients that give us energy or called _____.
A) **carbohydrates** B) proteins C) vitamins D) minerals
2. Ghee, butter, oils and nuts are rich in _____.
A) carbohydrates B) Proteins C) Vitamins D) **fats**
3. Foods rich in proteins also are called _____.
A) energy giving foods B) **bodybuilding foods**
C) protective foods D) balanced food
4. The fibre part of the food that gives bulk to it and helps our body to get rid of waste is called
A) vitamins B) Minerals C) **Roughage** D) Carbohydrates
5. Food is not preserved by _____.
A) refrigeration B) drying C) Deep freezing D) **Cooking**

B. Fill in the blanks

1. Carbohydrates, fats, proteins, vitamins and minerals are the different **nutrients** in food.
2. Foods such as chapaties, bread, rice, potatoes and idly's are rich in **carbohydrates**.
3. Calcium helps the body to build healthy **bones** and **teeth**.
4. Sugar, salt and oil are called as **preservatives**.

C. Match the pictures with the methods for preserving food

1.



D. Canning

2.



C. Using preservatives

3.



B. Drying

4.



A. Refrigeration

D. Circle the odd one out

1. Carbohydrates, fats, water, vitamins, minerals.
2. Ghee, butter, oil, rice, nuts.
3. Calcium, potassium, iodine, vegetables, sodium.

E . Give one word answer

1. The excess of this nutrient can make one obese.

Ans: Fats

2. Minerals which help to form blood.

Ans: Iron

3. The indigestible part of food

Ans: Roughage

4. A diet that includes all nutrients in the right amount to stay healthy

Ans: Balanced diet

5. A method used for preserving chillies and grapes

Ans: Drying

F. Write short notes

1. Why do we need food?

Ans: We need food in order to live. Food gives us energy, it helps us to grow and stay healthy.

2. Carbohydrates are also called energy giving foods. Why?

Ans: Carbohydrates give us energy to work. So, carbohydrates are called energy giving foods.

3. How do vitamins and minerals help our body?

Ans: Vitamins and minerals protect our body from diseases and keep us healthy.

4. What is the role of roughage in our body?

Ans: Roughage gives bulk to the food and helps the body to get rid of waste easily.

G. Answer these questions.

1. Why are proteins especially important for children?

Ans: Proteins help us to grow. So, growing children's need more proteins than adults. Thus, proteins are especially important for children.

2. Why is it important for us to eat fruits and vegetables?

Ans: It is important for us to eat fruits and vegetables because they give us vitamins and minerals. We need vitamins and minerals to protect our body from diseases and to stay healthy.

3. Explain the importance of water for a body.

Ans: Water is essential for our body. It helps the body to digest food properly. It helps to remove waste from the body. It also helps to maintain the temperature of the body.

4. Why should food be cooked before we eat?

Ans: Cooking kills germs and makes food soft, tasty and easy to digest. So, food should be cooked before we eat it.

5. Name the different methods used to preserve food.

Ans: The different methods used to preserve food are refrigeration, deep freezing, drying, using preservatives, canning and bottling.

H. Think and answer.

Think of your own and complete the answers for the questions given in the textbook page number 15.