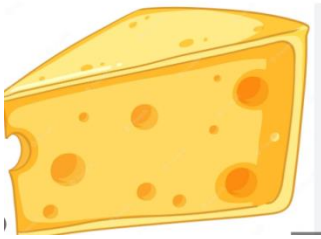


Grade 4
Science

Food, our fuel
Worksheet

20.01.23

I. Identify the food picture and write the food category.



1. _____



2. _____



3. _____



4. _____



5. _____

II. Who am I?

1. I am a very important macronutrient. I give energy to your body. I am the most important component of breakfast. Guess me. _____
2. I am present in carrot, mango and yellow vegetables. I am very useful for your eyesight. Who am I? _____
3. I am the important liquid. I help to absorb the nutrients. When I am taken less, you suffer from constipation. Guess me. _____
4. I am the secondary source of energy in our body. I help to absorb the vitamins. Too much of me in your body leads to obesity. Who am I? _____
5. I am major component present in plant food, but I am not a nutrient. I help to digest the food. I am _____.

III. Draw any two sources of the following.

- a) Plant protein
- b) Iron
- c) carbohydrates