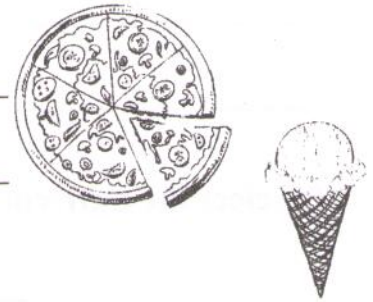


**INDIAN SCHOOL MUSCAT
PRIMARY SECTION**

SUBJECT: SCIENCE	TERM I	NAME:	
WORKSHEET : 5		STD IV: _____	ROLL NO:
TOPIC: FOOD		DATE: ___ / ___ / 18	
RESOURCE PERSON: Ms.Usha Main		TEACHER'S SIGNATURE:	

I. Answer the following.

1. Ann often has pizza and ice-cream for her lunch. Do you think Ann has a good eating habit ? Why?



2. What are preservatives? Name a few methods of preserving food.

II. Think and answer.

We need to cook certain food items.

III. Justify the statement.

To remain fit and healthy, you need to eat different types of food.

IV. Define

Balanced diet



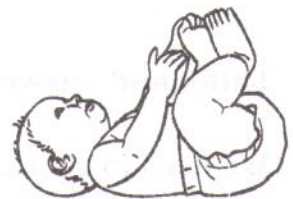
V. Give reason.

1. A person who does physical labour needs more carbohydrates.

2. Our body needs sufficient amount of water to stay healthy.

VI. Select the nutrient required in large quantities by children in their daily diet.

carbohydrates proteins vitamins



VII. Raj bought milk in the morning and kept it in the kitchen. By evening it turned sour. What do you think he should have done? Why?

Ever wondered why peppers are hot? It's a chemical substance that tricks your sensory nerves causing you to feel like your mouth is being burned. Ouch!!

