

**INDIAN SCHOOL MUSCAT  
PRIMARY SECTION**

<b>SUBJECT: SCIENCE</b>	<b>Worksheet : 5</b>	<b>NAME:</b>
<b>TOPIC: FOOD</b>		<b>STD IV:</b>
<b>RESOURCE PERSON: Ms. Lekha M</b>		<b>ROLL NO:</b>
<b>TEACHER'S SIGNATURE:</b>		<b>DATE:        -        - 2017</b>

**I. Complete the following sentences.**

- a) Food helps us to stay healthy and fight \_\_\_\_\_
- b) Energy in our food is measured in \_\_\_\_\_
- c) Substances in food that help in the growth and development are called \_\_\_\_\_
- d) Saving food from getting spoiled is called \_\_\_\_\_
- e) The mineral needed for strong bones and teeth is \_\_\_\_\_

**II. Correct the following statements.**

- a) Proteins help us to fight against disease.

\_\_\_\_\_

\_\_\_\_\_



- b) We need to drink one glass of water a day.

\_\_\_\_\_

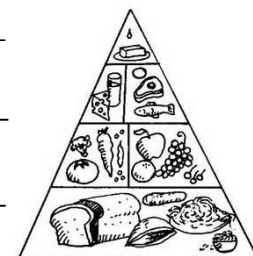
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**III. Answer the questions.**

- a) Differentiate between a diet and a balanced diet.

_____	_____
_____	_____
_____	_____



- b) Fats keep us warm. What kind of food should people living in Antarctica eat?

\_\_\_\_\_

\_\_\_\_\_



- c) Look at the table given below. It shows the daily diet of two families.  
 Can you tell which nutrient is lacking in the diet of **Family A** and **Family B**?  
 Which family is consuming food from all the major food groups?

FAMILY	DAILY DIET
FAMILY A	Eggs, fish, chicken and cereals
FAMILY B	Fruits, fish, butter, pulses, milk, cauliflower and cucumber.

Family A lacks in \_\_\_\_\_

Family B lacks in \_\_\_\_\_

\_\_\_\_\_

#### IV. Think and answer.

- a) Vegetables should not be washed after cutting.

\_\_\_\_\_  
 \_\_\_\_\_



- b) Raj was very tired after playing cricket with his friends. His mother gave him glucose.  
 How do you think that would help him?

\_\_\_\_\_  
 \_\_\_\_\_

#### V. Life skills.

- a) Tom's parents do not allow him to eat too many chips, burgers or pizza.  
 They also discourage him from drinking soft drinks.  
 They insist that he should do regular exercise and play outdoor games.  
 They give him only home-cooked food along with fresh fruits and vegetables.  
 Do you agree with Tom's parents?  
 Justify your answer.

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

