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Name: _____ *Class:* 4 *Section:* _____ *Date:* _____

Subject: General Science

Topic: Food

1. Give the answer of the following questions shortly.

- a) Define “food”.
- b) What is “vitamin”?
- c) Define “protein”.
- d) Write 4 sources of protein.
- e) What is “balanced diet”?
- f) Write down four sources of carbohydrate.

2. Give broad answer of the following question.

- a) Mention the names of six groups of food.
- b) Why is a balanced diet important? Explain.
- c) Write down six sources of fat.

3. Match and join column A with column B to make appropriate sentences.

Column A	Column B
i. All the food belongs to	a. from plants.
ii. We need food	b. six food groups.
iii. We get most of our food	c. to survive.
iv. Vitamins strengthen our	d. for our body.
v. Nutrients are very important	e. immune system.

4. Fill in the blanks with appropriate words.

- a. _____ of our food comes from plants.
- b. We get _____ kinds of food from animals.
- c. We get _____ nutrients from food.
- d. For human body water is _____.
- e. Vitamins strengthen our _____ system.
- f. Vitamin B is made up of _____ types of vitamin.
- g. A balanced diet is _____ for keeping our body healthy.
- h. A balanced diet contains _____ amount of nutrients.
- i. Nutrients keep our body _____.
- j. We can _____ balanced diet of variety food.

5. Write true or false (write correct answer for false statements).

- a. Water is so much important for our body.
- b. Vitamins help to make our body work properly.
- c. There are eight nutrients.
- d. Proteins that come from the plants are called animal proteins.
- e. Lack of vitamins may cause mouth ulcer.
- f. Lack of protein may cause Beriberi.
- g. We should take balanced diet everyday.
- h. All the food belongs to five food groups.
- i. Balanced diet contains adequate amount of nutrients.

6. Write the correct answer.

- i. Why do we need food?
 - a) to entertain b) to survive c) to play d) to sleep
- ii. What do we get from plants and animals?
 - a) food b) education c) honor d) all
- iii. Which source gives us vegetables, fruits, grains?
 - a) animal b) vitamin c) plant d) none
- iv. Which one helps people to make their body work properly?
 - a) vitamin b) fat c) junk food d) all
- v. How many types of vitamins are there?
 - a) four b) many c) six d) two
- vi. Which one is very important for our body?

a)house b)pen c)nutrients d)teacher

vii. Which one may cause different type of diseases?

a)lack of vitamin b)excessive vitamin c)protein d)vitamins

Answers:

1. a) Food:

Something that people and animals eat.

b. Vitamins:

Vitamins are natural substances that are necessary in small amounts for the growth and good health of the body.

c) Proteins:

Proteins are food substances that are used to replace, repair and grow our body.

d) 4 sources of protein- i. fish ii. chicken iii. egg iv. nuts

e) Balanced diet:

A balanced diet is a diet that contains adequate amounts of all the necessary nutrients in order to keep our body healthy.

f) Four sources of carbohydrate – i. rice ii. wheat iii. potato iv. corn

2. a) Six groups of food- i. Grain and potato

ii. Vegetables

iii. Fruits

iv. Meat, fishes and pulses

v. Milk and dairy products

vi. Oil and fat

b) A balanced diet is a diet that contains adequate amounts of all the necessary nutrients in order to keep our body healthy. A balanced diet is necessary for keeping our body healthy. We should take balanced diet everyday.

c) Six sources of fat- i. Ghee

ii. butter

iii. mustard oil

iv. soybean oil

v. nuts

vi. yogurt

3. (i+b), (ii+c), (iii+a), (iv+e), (v+d)

4. a. Most b. many c. various d. must e. immune f. different g. necessary
h. adequate i. healthy j. select

5. a. True

b. True

c. False (There are five nutrients.)

d. False (Proteins that come from the plants are called plant proteins.)

e. True

f. False (Lack of vitamin B complex may cause Beriberi.)

g. True

h. False (All the food belongs to six food groups.)

i. True

6. i. b, ii. a, iii. c, iv. a, v. c, vi. C, vii. a, viii.