



The food that we eat has many substances that help our body to grow and stay healthy and strong.

Classification of Food:

Food from plants	Food from animals
Vegetables: Lalshak, carrot, pumpkin, radish, cabbage, cauliflower, other green vegetables etc.	Fish: Hilsa, koral, black karp etc.
Grains: Wheat, maize, oats, rice etc.	Meat: Chicken, beef, mutton etc.
Pulses: Lentil, chickpea, green gram etc.	Eggs
Fruits: Mango, jackfruit, orange, guava, apple etc.	Dairy product: Chees, milk, cream etc.
	



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

Nutrients: A substance that living things need in order to survive and grow. There are five nutrients;

❖ Protein:


Primary function: It builds, repair and grow our bodies.

Source of diet:

Plant protein	Animal protein
Peas, pluses, nuts and bean seeds etc.	Meat, fish, eggs and dairy product etc.
	

❖ Carbohydrate:

Primary function: it provides energy for doing work

<p>Source of diet: Rice, potato, maize etc.</p>	
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❖ Fat:

Primary function: it provides long-term energy and protection.

Source of diet: Oil & fat



❖ Minerals:

Primary function: it helps to build bones and teeth and other systemic activity.

Source of diet: Vegetables & fruits



❖ Vitamins:

Primary function: it regulates growth and strength our immune system.

Source of diet: vegetables, fruits, meats, fish and dairy product.

There are six types of vitamins;

1. Vitamin A:



Sources of diet: carrots, spinach, pumpkin, small fish, egg yolks, etc.

Functions: it helps for proper vision, healthy skin, strong teeth, and healthy immune system.

Diseases caused by deficiency of vitamin: night blindness

2. Vitamin B complex:



Sources of diet: whole-grains, dairy products, fish, liver, green vegetables, beans, etc.

Functions: it helps body make energy.

Diseases caused by deficiency of vitamin: beriberi, mouth ulcer, anemia.

3. Vitamin C:

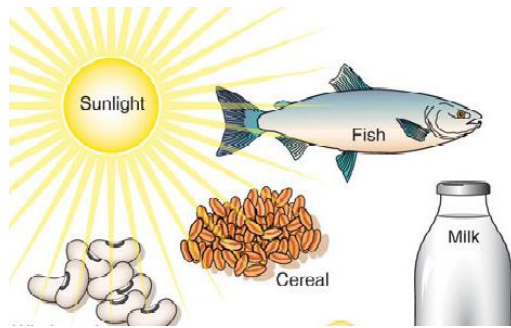


Sources of diet: fruits such as guava, emblic, orange, lemons and vegetables like tomatoes, cabbage and broccoli etc.

Functions: it strengthens immune system, and keeps body working and developing properly.

Diseases caused by deficiency of vitamin: scurvy, disease of gum.

4. Vitamin D:

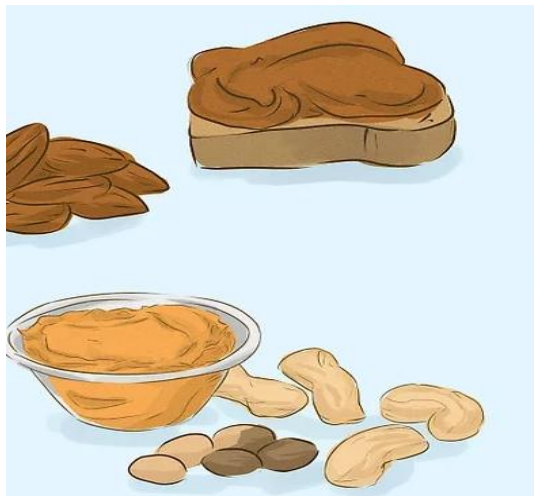


Sources of diet: egg yolks, fatty fish, sunlight, etc.

Functions: it is important for growth and maintenance of strong bones.

Diseases caused by deficiency of vitamin: rickets, osteomalacia.

5. Vitamin E:



Sources of diet: vegetable oils, almonds, liver, etc.

Functions: it protects all blood cell from damage.

Diseases caused by deficiency of vitamin: muscle weakness, slow growth.

6. Vitamin K:



Sources of diet: green leafy vegetables, okra, soybeans, etc.

Functions: it helps our body to stop the bleeding.

Diseases caused by deficiency of vitamin: liver disease, poor blood clotting.

Importance of nutrient:

- For energy
- To protect from disease
- To build and repair parts of our body.
- For growth
- To remain healthy etc.

A healthy eating plate:



a healthy eating plate

Class – 4
Subject- Science
Chapter – 12
Information in Our Life

Information – Information is knowledge that we get about someone or something. We use information in our daily life and it helps us to decide what to do, how to do.

ICT- Full form of ICT is Information and Communication Technology. ICT is those technological tools that used to create, to collect. To analyze and to exchange information.

Fields of ICT- ICT makes our life easy. We can use ICT in many ways.

Some fields of ICT are-

1. Business sector.
2. Education sector.
3. Medical sector.
4. Agricultural service
5. Printing media and electronic media etc.

Some technologies that we use in our day to day life are-

1. Internet
2. Mobile phone
3. TV
4. Radio
5. Camera
6. Laptop
7. Printer etc.

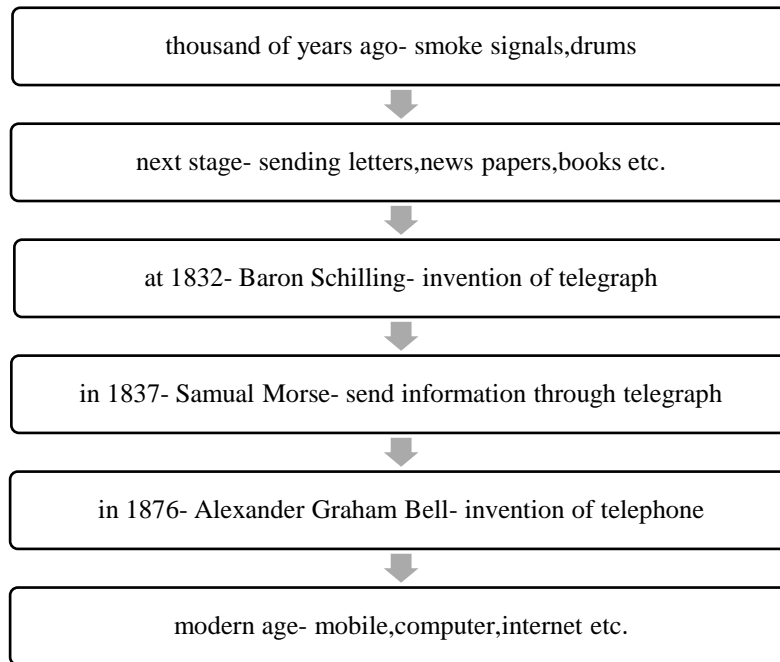
Communication technology- Technology that we used for passing any information is called communication technology. Some examples are telephone, telegraph, internet, TV etc.

Recording technology- Technology that we used for recording any information is called recording technology. Some examples are CD, paper, tape recorder, wall painting etc.

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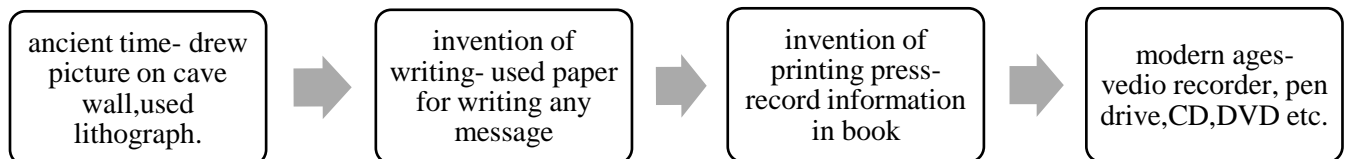
Development of communication technology:

Development of communication technology from ancient time to now a-days is shown below by flow chart.



Development of recording technology:

Recording technologies changes with the development of science. People used many methods to keep record of their information. Development of recording technology is shown below-



Uses of information:

Uses of information include some steps like gathering information, storing information and sharing information.

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Collecting or gathering information has two steps. First we have to decide what type of information we need. Second we have to learn how can we get the information.

1. **Deciding what type of information,we need:** We may need one or many information at a time. News, weather, events, ideas are examples of information.
2. **Sources for collecting information:** We have to find the way of collecting information. We may get information from book, internet, TV, radio, from people or by observing anything.
3. **Collecting and recording information:** Necessary information should be collected and we should keep a record. For recording information, we can use notebook, paper, CD, DVD, pen drive etc.
4. **Sharing the information:** Before sharing information we need to organize the information we collect. When sharing information, we have to give attention on what we want to say and how can we make clear to other person. We can share information by sending message, by video, through mobile, internet etc., by newspaper or by talking.