

Assignment
Class 4
Science

CHAPTER 1- FOOD WE EAT

A. Answer the following questions:

(Continue your work in your science notebook ques. 1 to 6 already done)

7. Give any three ways of avoiding wastage of food?

Ans. We can avoid wastage of food by following ways:

- . Serve small amount of food so that we can finish it.
- . Avoid cooking a large quantity of food
- . Extra food can be stored in the refrigerator for next meal.

H. Think and answer:

1. Why do growing children need protein?

Ans. Growing children need protein because it helps the children to grow and build their muscles.

2. How does deep freezing help in preservation of food?

Ans. Deep freezing stores the food at a very low temperature and prevents it from spoiling.

Do B, C, D, E, F and G in your book itself (check your answers from below)

B. Tick the correct option

- 1 (d) all of these
- 2 (a) chicken
- 3 (c) proteins
- 4 (b) roughage

C. Fill in the blanks

1. basic
2. Proteins
3. Protective
4. Plenty of
5. Deep freezing

D. Write true or false

- 1 . True
- 2 . True
- 3 . False
- 4 . True
- 5 . True

E. Match the columns

- 1 . Rich in carbohydrates- Rice
- 2 . Rich in proteins- pulses
3. Rich in fats- butter
4. Rich in vitamins- fruits

F. Give two examples for each

- 1 . Energy giving food- rice, potato
- 2 . Body building food- milk, fish
- 3 . Protective food- green leafy vegetables, fresh fruits

G. Look at the picture and answer

- 1 . vitamins. 2. These nutrients protect us from diseases.
3. We will often fall sick.

