Assignment
Class – IV
Science
Chapter – 1
Food : Our Basic Need

1 MARK QUESTIONS :

Q1. What is a diet?

Ans. Diet is the kind of food we eat.

Q2. Why should we eat balanced diet?

Ans. We should eat balanced diet to be healthy.

Q3. When do we celebrate International Yoga day?

Ans. We celebrate International Yoga day on 21st June.

Q4. Name the food items rich in roughage.

Ans. Cereals, corn, green leafy vegetables and fruits.

Q5. Why water is needed by our body?

Ans. Water is needed to perform all the activities of our body.

Q6. Define legumes.

Ans. Legumes are those plants that have seeds and long pods.

Q7. Name the nutrient which keeps our body warm.

Ans. Fat keeps our body warm.

Q8. What happens to the extra fat in our body?

Ans. Extra fat is stored in our body for later use.

Q9. Why do vitamins and minerals are called protective food?

Ans. Vitamins and minerals are called protective food because they protect us from various diseases.

2 MARK QUESTIONS:

Q10. Why do we need food?

Ans. We need food :

  a. To get energy
  b. To do work
  c. To repair our body

Q11. Name the food items which are the rich sources of energy giving food.

Ans. The food items which are the rich sources of energy giving food are rice, wheat , corn, potato, sugar, bread etc.

Q12. Name the food items which are the rich sources of body building food .

Ans. The food items which are the rich sources of body building food are milk, egg, cheese, fish, beans, pulses.

Q13. Name the food items which are the rich sources of protective food.

Ans. The food items which are rich sources of protective food are fresh fruits, milk, egg and peanuts.

Q14. What is the role of carbohydrates and fats in our body ?

Ans. Carbohydrates and fats are energy giving food. They give us lot of energy to do various activities.

Q15. Why do labourers and farmers need a lot of carbohydrates ?

Ans. Labourers and farmers need a lot of carbohydrates which is a energy giving food because they do a lot of physical work.

Q16. Why do young children need more protein rich food than adults ?

Ans. Young children need protein rich food because they are still growing.

Q17. What are minerals?

Ans. Minerals are nutrients which protect us from various diseases and keep us fit and healthy.

Q18. Name the complete food. Why it is called so?

Ans. Milk is the complete food because it contains minerals such as calcium , vitamins, proteins and fats.

Q19. Why proteins are called body building food?

Ans. Proteins are called body building food because they are needed for repair of our body and also for building muscles.

Q20. Why should food be stored properly?

Ans. Food should be stored properly to prevent it from spoilage.

Q21. Why we should not stay up late in night?

Ans. We should not stay up late in night because lack of sleep may result in improper functioning of body organs.

3MARK QUESTION:

Q22. Enlist some ways to stay healthy.

Ans. Some ways to stay healthy are:

    a. Regular exercise and yoga
    b. Playing outdoor games such as hockey, football, cricket

Q23. Name the different types of vitamins and their role in our body.

Ans. Vitamin A – Improves eyesight and keeps our skin healthy.

Vitamin B complex – For heathy skin and various other functions.

Vitamin C – Helps to fight infections and keeps our gums and teeth healthy.

Vitamin D – Helps in absorption of calcium.

Q24. Categorise the nutrients on the basis of their functions.

Ans. The nutrients on the basis of their functions are –

    a. Energy giving food – Carbohydrates and fats
    b. Body building food - Proteins
    c. Protective food – Vitamins and Minerals

Assignment
Class – IV
Science
Looking Around

1 mark questions:-

Q1. Which are the two resources important for our survival?

Ans. Air and water are the two resources important for our survival.

Q2. What is Pollution?

Ans. The presence of harmful substances into the environment is called pollution.

2 marks questions:-

Q3. What are the types of pollution?

Ans. The types of pollution are:

 a) Air pollution
 b) Water pollution
 c) Land pollution
 d) Noise pollution

Q4. What are the causes of air pollution?

Ans. The causes of air pollution are the dust and fumes released from industries and smoke from vehicles.

Q5. What are the causes of water pollution?

Ans. The causes of water pollution are throwing garbage into the rivers, bathing of animals in the rivers, washing clothes in the rivers.

3 marks questions:-

Q6. Enlist some ways to reduce pollution.

Ans. We can reduce pollution by:-

 1) We should throw garbage only in dustbins.
 2) We can avoid the use of plastic bags.
 3) Do not pollute rivers and lakes.

Q7. How can we convert biodegradable waste into manure?

Ans. We can throw garbage into pits and after a few days it gets converted into manure. The manure is then used in the fields for growing crops.