



ST. LAWRENCE HIGH SCHOOL

A JESUIT CHRISTIAN MINORITY INSTITUTION

27, Ballygunge Circular Rd, Kolkata- 700019



Term: First

Sub: Science

Class: 4

Date: 28.04.20

Lesson: Eating for Life - Food

Topic: Nutrients, Water and Roughage

ANSWER WORKSHEET - VIII

1. Fill in the blanks:-

- Nutrients** are useful substances that our body needs in order to grow and stay **healthy**.
- Food** acts as fuel for the body.
- Iron helps in the formation of **haemoglobin** in our blood.
- Other than nutrients, our body also needs **water** and **roughage** to keep fit.

2. Read the following and name the nutrients:-

- It helps to heal wounds or damaged parts of our body. **Proteins**
- It gives us energy to work, play and do many more things. **Carbohydrates**
- It keeps us healthy by protecting us from diseases. **Vitamins**
- It contains much more energy than carbohydrates. **Fats**

3. Match the column:-

- | | | |
|--------------|-----|----------------------|
| a) Vitamin A | (b) | eggs |
| b) Vitamin B | (d) | salmon and tuna fish |
| c) Vitamin C | (a) | carrot |
| d) Vitamin D | (c) | lemon |

4. Write true or false:-

- Roughage helps in removing wastes from our body. **True**
- Starch is quickly digested by our body. **False**
- The salt that we consume is enriched with iodine. **True**
- Iron makes our bones and teeth strong. **False**

5. Answer in one or two words:-

- Which type of carbohydrate takes a little longer to digest? **Starch**
- What helps our body to absorb nutrients from food? **Water**
- Which vitamin is good for teeth and bones? **Vitamin D**

6. Draw and colour three types of food that has protein in them:

