



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

WORKSHEET - VIII

1. Fill in the blanks:-

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

2. Read the following and name the nutrients:-

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

3. Match the column:-

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

4. Write true or false:-

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

5. Answer in one or two words:-

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

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

