



# ST. LAWRENCE HIGH SCHOOL

A JESUIT CHRISTIAN MINORITY INSTITUTION  
27, Ballygunge Circular Rd, Kolkata- 700019



**Term: First**

**Sub: Science**

**Class: 4**

**Date: 29 .04.20**

**Lesson: Eating for Life- Food**

**Topic: Food Group, Balanced Diet and Food Preservation**

## **WORKSHEET - IX**

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### **1. Fill in the blanks:-**

- a) The food that we eat daily is called our.....
- b) Foods that protect us from diseases are called .....food.
- c) Salt draws out moisture and prevents growth of.....
- d) Pickle is preserved with salt and.....

### **2. Write true or false:-**

- a) Overcooking the food destroys the nutrients.
- b) A diet that provides all the nutrients that our bodies need to work properly is called a balanced diet.
- c) Cooking does not kill germs.
- d) We should not keep extra food in the refrigerator.

### **3. What are the different ways food can be preserved?**

- .....
- .....
- .....
- .....

### **4. Underline the correct answer given in bracket:-**

- a) Vitamins and minerals are - (body- building foods, protective foods)
- b) Cereals, butter and nuts are examples of – (energy-giving foods, body- building foods)
- c) Which food item can be eaten raw as well as cooked?- (potato, tomato)
- d) Fats and carbohydrates are- (energy-giving foods, protective foods)

### **5. Why do we need to cook food?**

- We need to cook food to-
- .....
- .....
- .....

### **6. Draw and colour three vegetables that can be eaten both raw and cooked:-**

