



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

ANSWER WORKSHEET - IX

1. Fill in the blanks:-

- The food that we eat daily is called our diet.
- Foods that protect us from diseases are called protective food.
- Salt draws out moisture and prevents growth of microbes.
- Pickle is preserved with salt and oil.

2. Write true or false:-

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

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

Ans:- a) Refrigeration/Freezing b) Drying c) Salting and Pickling d) Sugaring

4. Underline the correct answer given in bracket:-

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

5. Why do we need to cook food?

Ans:- • We need to cook food to-

- Make it soft and easy to chew and digest.
- Make it edible and tasty.
- Kill harmful germs.

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

