



ST. LAWRENCE HIGH SCHOOL

A JESUIT CHRISTIAN MINORITY INSTITUTION

27, Ballygunge Circular Rd, Kolkata- 700019



Term: First

Date: 30.07.20

Subject: Science

Class: 4

Lesson: Eating for Life - Food

Topic: Water and roughage, Food groups

WORKSHEET – 7

Answer the following questions in detail:-

1. Why is water important to us?

Ans:
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2. What is the role of roughage in our diet?

Ans:
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3. What are the basic food groups?

Ans:
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4. Why is the food pyramid important?

Ans:
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Ms. Margaret Das