



# SHREE VASISHTHA VIDHYALAYA

## Science Worksheet 2024-25



Name : - \_\_\_\_\_

Std.:- IV - \_\_\_\_\_

Roll No :- \_\_\_\_\_

Worksheet - PA1-01

Date : - \_\_\_\_\_

### Chapter No. 1 Food , Chapter -2 Digestion of food.

#### Q-1 Choose the correct option

- 1) Which nutrient is the body's main source of energy?  
a) Vitamins                      b) Minerals                      c) Carbohydrates                      d) Proteins
- 2) Which nutrient helps in building and repairing body tissues?  
a) Fats                      b) Vitamins                      c) Proteins                      d) Minerals
- 3) Which of the following is a rich source of Vitamin C?  
a) Milk                      b) Oranges                      c) Eggs                      d) Bread
- 4) Which nutrient helps in keeping the skin healthy?  
a) Proteins                      b) Carbohydrates                      c) Fats                      d) Minerals
- 5) Which nutrient is essential for healthy bones and teeth?  
a) Calcium                      b) Iron                      c) Vitamin D                      d) Both (a) and (c)

#### Q. 2) Fill in the blank.

- 1) The process of breaking down food into smaller molecules is called \_\_\_\_\_.
- 2) Digestion starts in the \_\_\_\_\_.
- 3) The muscular tube connecting the mouth to the stomach is called the \_\_\_\_\_.
- 4) Food gives us \_\_\_\_\_ and \_\_\_\_\_ to stay healthy.
- 5) Nutrients are substances that our body needs for \_\_\_\_\_ and \_\_\_\_\_.
- 6) \_\_\_\_\_ helps the body to fight diseases.

#### Q. 3) Name the following.

- 1) Organ that produces saliva. \_\_\_\_\_
- 2) Longest part of the digestive system. \_\_\_\_\_
- 3) A preservatives used in jam and jelly. \_\_\_\_\_
- 4) The diet which contains all the nutrients in the right amount. \_\_\_\_\_
- 5) Preservatives used in pickles. \_\_\_\_\_
- 6) The grinding of food that changes it into a paste. \_\_\_\_\_


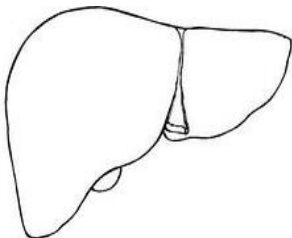
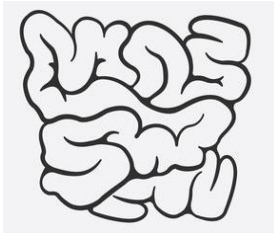

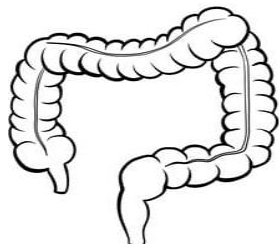
#### Q-4 Match the following.

- |                    |                      |          |
|--------------------|----------------------|----------|
| 1. Salivary glands | a. Protein           | 1- _____ |
| 2. Gall bladder    | b. Produce saliva    | 2- _____ |
| 3. Body building   | c. Stores bile       | 3- _____ |
| 4. Protective      | d. Carbohydrates     | 4- _____ |
| 5. Energy giving   | e. Vitamins minerals | 5- _____ |

#### Q-5 State True or False.

- 1) The esophagus is responsible for producing saliva to begin the digestion process. \_\_\_\_\_
- 2) The small intestine is shorter than the large intestine. \_\_\_\_\_
- 3) The large intestine absorbs water from undigested food. \_\_\_\_\_
- 4) Carbohydrates are the body's main source of energy. \_\_\_\_\_
- 5) Vitamins are only needed in small amounts by the body. \_\_\_\_\_
- 6) Water is not necessary for our body. \_\_\_\_\_
- 7) Junk food is good for health. \_\_\_\_\_

**Q-6 Identify the following pictures of human digestive system.**

1) 	2) 	3) 
4) 	5) 	

**Q-7 Read the following two statements and choose the correct option.**

**1. statement 1-The saliva changes the starch into sugar.**

**Statement 2-The food pipe changes the starch into sugar.**

a. Both statement 1 and 2 are correct

c . Statement 1 is incorrect but statement 2 is correct

b Statement 1 is correct but 2 is incorrect

d. Both statement 1 and 2 are incorrect

**2. Statement 1-Cooking makes food tasty, soft and easy to digest.**

**Statement 2-Dehydration is a method of preserving food.**

a. Both statement 1 and 2 are correct

c . Statement 1 is incorrect but statement 2 is correct

b Statement 1 is correct but 2 is incorrect

d. Both statement 1 and 2 are incorrect

**3. Statement 1-All living things need food.**

**Statement 2-A balanced diet does not contain all the nutrients.**

a. Both statement 1 and 2 are correct

c . Statement 1 is incorrect but statement 2 is correct

b Statement 1 is correct but 2 is incorrect

d. Both statement 1 and 2 are incorrect

**4. statement 1- The stomach churns the food.**

**Statement 2- The blood carries the digested food to all parts of the body.**

a. Both statement 1 and 2 are correct

c . Statement 1 is incorrect but statement 2 is correct

b Statement 1 is correct but 2 is incorrect

d. Both statement 1 and 2 are incorrect

**Q-8) Think and answer.**

**1)What role does water play in the digestion process?**

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**2)Raman is feeling tired during his sports practice. What type of food can he eat to regain his energy quickly?**

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