



# SHREE VASISHTHA VIDHYALAYA

## Science Worksheet 2024-25



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

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

Worksheet No.1, PA1-01

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

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 digestion.
- 2) Digestion starts in the mouth.
- 3) The muscular tube connecting the mouth to the stomach is called the Food pipe (oesophagus).
- 4) Food gives us energy and nutrients to stay healthy.
- 5) Nutrients are substances that our body needs for growth and development.
- 6) Vitamins 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.

Salivary glands  
The small intestine  
Sugar  
balanced diet  
Salt, oil  
chewing

Q-4 Match the following.

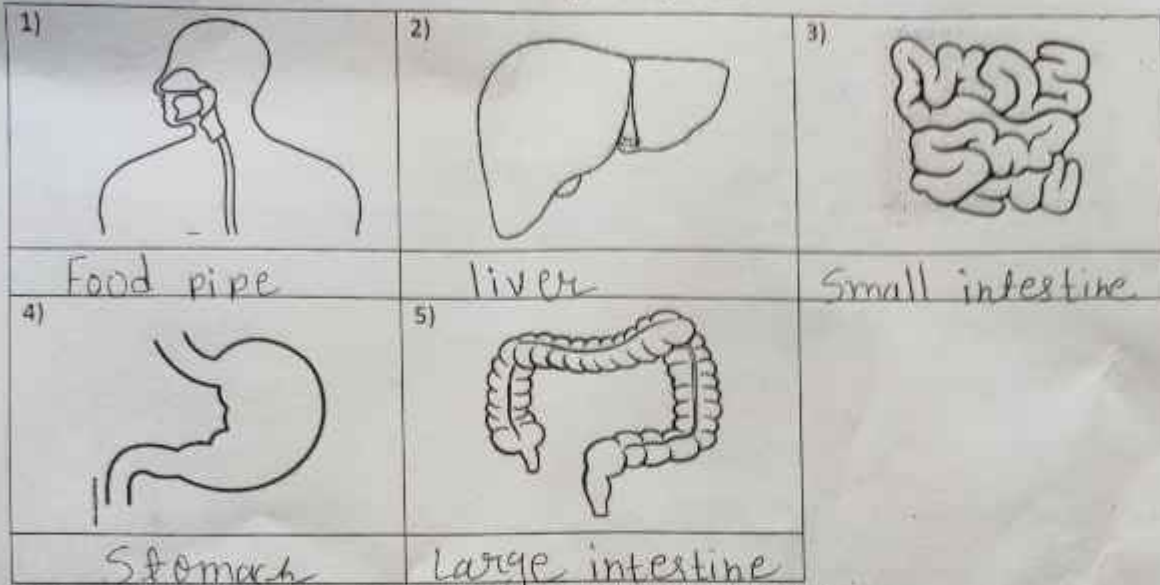
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|--------------------|----------------------|-------------|
| 1. Salivary glands | a. Protein           | 1- <u>b</u> |
| 2. Gall bladder    | b. Produce saliva    | 2- <u>c</u> |
| 3. Body building   | c. Stores bile       | 3- <u>a</u> |
| 4. Protective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

Q-5 State True or False.

- 1) The oesophagus 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.

F  
F  
T  
T  
T  
F  
F

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



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?

Water helps our body to digest food and absorb nutrients, making it essential for a healthy digestive system.

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

Raman can eat food that are rich in carbohydrates to regain energy quickly, during his sports practice.  
Example:- bananas, whole grains, energy booster drink like glucose.