



# SHREE VASISHTHA VIDHYALAYA

## Answer key Science Worksheet 2025-26



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

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

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

Worksheet No. PA1-01

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

Ch. 1: Food, Ch. 2: Digestion of food, Ch.3: Our teeth

### Q. 1) Fill in the blanks.

1. Milk is known as complete food.
2. Sugar and Salt are natural preservatives.
3. The digestion of food is completed in small intestine.
4. Saliva is a digestive juice present in our mouth.
5. The Enamel is the hardest material in the human body.
6. Pulses : protein : : Rice : Carbohydrates.
7. The stomach is a small muscular bag which churns the food.
8. Hole in the tooth is known as cavity/ tooth decay.
9. From the stomach, food passes into the small intestine.
10. To prevent tooth damage, it is important to brush your teeth twice a day.

### Q. 2) Choose the correct option.

1. The nourishing substance that is needed for the growth of the body.  
a) carbohydrate      b) **protein**      c) vitamin
2. An average adult body contains \_\_\_\_\_ of water.  
a) 35 litres      b) 40 litres      c) **42 litres**
3. The solid waste passes into the \_\_\_\_\_ which is part of large intestine.  
a) **rectum**      b) anus      c) blood
4. The part of the tooth that contains blood vessels and nerves.  
a) dentine      b) **pulp**      c) enamel
5. The method of preserving food by removing water from it is called \_\_\_\_\_.  
a) canning      b) **dehydration**      c) bottling
6. Salivary glands present in our mouth stores \_\_\_\_\_.  
a) bile juice      b) **saliva**      c) pancreatic juice

### Q. 3) State whether it is True or False.

1. Carbohydrates give us more energy than fats.	<b>False</b>
2. The saliva changes the starch in the food into sugar.	<b>True</b>
3. The first set of teeth of a baby is permanent teeth.	<b>False</b>
4. The small intestine is shorter than the large intestine.	<b>False</b>
5. Teeth give the shape to our face and help us to speak clearly.	<b>True</b>
6. Minerals are required in large quantities for smooth functioning of our body.	<b>False</b>
7. Milk gets spoiled when it is boiled.	<b>False</b>
8. Potatoes and ghee are rich in carbohydrates.	<b>False</b>
9. The root of the teeth is fixed in the jawbone.	<b>True</b>
10. Decaying teeth causes proper digestion of food.	<b>False</b>

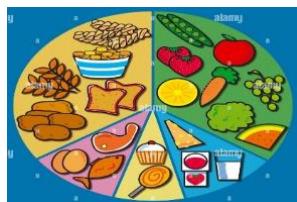
**Q. 4) Match the following.**

Column-A	Column-B	Ans.
1. Vitamins and minerals	a. crushing teeth	1.- d
2. Crown	b. a person who takes care of our teeth	2.- f
3. Premolars	c. low temperature	3.- a
4. Dentist	d. protective food	4.- b
5. Cooked vegetables	e. five feet long	5.- c
6. Large intestine	f. the part of tooth that is visible	6.- e

**Q. 5) Name the following.**

1. The longest part of our digestive system - small intestine
2. The teeth that are used for grinding food- molars
3. The nutrient that enables us to fight against diseases - vitamins
4. A process of preserving milk devised by Louis Pasteur in 1865- Pasteurisation
5. The method used to preserve jam and jelly- sweetening
6. The process of breaking down the food into simpler form - digestion
7. The part of the mouth that moves the food around the mouth - tongue
8. A substance present in our food helps in get rid of waste from our body- roughage

**Q. 6) Identify the picture and define the following.**



**Ans. Balanced diet- A diet that contains all nutrients in proper amount is called balanced diet.**

**Q. 7) Look at the picture given and answer the following questions.**

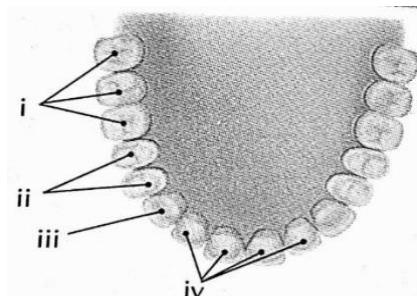
1. Identify the types of teeth.

**Ans. i) molars ii) premolars  
iii) canines iv) incisors**

2. Write the function of i and ii.

**Ans. Molars- grinding food.**

**Premolars- crushing food.**



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

1. Jenny has bought lots of vegetables and fruits from the market. How should she store it now?

**Ans. She should store them at low temperature or in refrigerator.**

2. Sid came home very tired after playing football with his friends. His mother gave him glucose to drink .Why?

**Ans. Because glucose is a simple form of carbohydrates that mixes with the blood and gives instant energy.**

**Q. 8) Case study question.**

**Read the following paragraph and answer the following questions-**

Salim is very fond of sweets. He eats it very often. After a few months he complains of toothache. He is taken to a dentist. The dentist tells him about the deep cavity in his tooth. The doctor treats his tooth and advises him to take care of his teeth now.

1.Why did Salim get toothache?

**Ans. Salim got toothache because he eats too many sweets.**

2. Suggest any one way to how Salim can take care of his teeth.

**Ans. He needs to brush his teeth twice a day.**