

VASISHTHA GENESIS SCHOOL, BARDOLI

(Academic Session: 2026-27)

Date: _____ Class: 4

Div: A / B / C

Roll No: _____ Sub: Science

Name: _____

Worksheet- (TextBook Ans Key)

Ch-5 Our Body Food & Digestion

Q1 Short Question Answers:

1. What is saliva?

Ans: The salivary glands present in the mouth produce digestive fluid called saliva which gets mixed with the food when we chew it making the food moist and soft.

2. What is roughage? Why it is important?

Ans: Roughage consists of the fibre present in the food. Although, roughage can't be digested by the body, it adds bulk to the food and helps in proper bowel movement. Therefore, it is important for the proper functioning of the digestive system.

3. What are Protein? What are its uses?

Ans: Proteins are the nutrients that build the body by making new body cells. Hence, it is important to include protein-rich foods in our diet, especially for growing children.

Proteins also help to repair the injured parts of the body. Milk, eggs, meat, nuts, pulses and beans are rich in proteins.

4. Why should excess of fat should be avoided?

Ans: Fats provide more energy than carbohydrates. They get stored in the body for future use but excess of fats cause health hazards like obesity and stroke etc. Thus, we should avoid excess of fats.

5. What happens to the food in the stomach?

Ans: Inside the stomach the food gets churned into a fine paste. The walls of the stomach release digestive juices. They mix well with the food and break down the proteins present in it into simpler form.

The undigested food is carried to the large intestine. The walls of large intestine absorb the extra water from this waste food. This water goes to the kidneys and later leaves the body as urine. The solid waste food is removed from the body through anus.

6. Why are some food items dehydrated?

Ans: The food items that are dried in the sun to stop the growth of bacteria & fungus in them. Ex- potato chips, papad, raw mangoes etc.

Competency based question:

1. Did Jack take balanced diet for the lunch? Why do you think so?

Ans: No. His diet does not have any source of carbohydrates.

2. Name the components of food in Jack's breakfast.

Ans: Carbohydrates, fats, proteins, vitamins, minerals, roughage and fibre.

3. How does the fats present in the nuts get digested in our body?

Ans: With the help of bile juice in small intestines.

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Worksheet- (TextBook Ans Key)

Chapter -6 Our teeth

Q1. Short Answer Questions:

i. Why are teeth important to us?

Ans: 1. Teeth are important to us because we bite & chew our food with the help of teeth.

2. Teeth gives proper shape to our face & help us to speak clearly.

ii. What is plaque? How does it lead to cavity formation?

Ans: 1. Plaque is a sticky film formed on the teeth due to the acid produced by the action of bacteria in mouth.

2. Plaque slowly makes a hole in the tooth and attack dentine and the pulp leading to cavity formation.

iii. How can we prevent cavity?

Ans: Cavities can be prevented by following simple healthy habits:

1. Brushing the teeth twice a day.
2. Use dental floss to clean between two teeth.
3. Wash or rinse your mouth after every meal.
4. Do not eat many sweets or drink colas.

Q3. Competency based Questions:

i. What could be Sameer suffering from?

Ans: Fungal infection.

ii. Name the microbe responsible for this?

Ans: Fungi.

iii. Are all microbes of this category harmful?

Ans: No

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Worksheet- Chapter 7(TB Ans Key)

Ch-7 The Clothes We Wear

Q1. Short Answer Questions:

i. What are synthetic fibres? Give example

Ans: Artificially prepared (Man-made) fibres are called synthetic fibres. For eg- Nylon, rayon, polyster.

ii. Why do we wear clothes?

Ans: We wear clothes to protect ourselves from weather, insects, dust and dirt. Clothes also make us look smart.

iii. How should we care for woollen clothes?

Ans: 1. Woollen clothes need special care in a safe & dry place which is free from insects & rats.

2. Naphthalene balls & dried neem leaves can be used to keep within folds of clothes while storing them.

3. Woollen clothes should be dried completely in sun before storing.

iv. Why should soap or detergent be washed out completely from the clothes?

Ans: The soap or detergent should be washed out completely from the clothes otherwise they would turn yellowish after ironing.

Q3. Competency based Questions:

i. Why do you think that Reshma did not want to cook wearing synthetic dress?

Ans: Synthetic clothes do not absorb sweat. Besides they melt & stick to skin in case of fire.

ii. Why does she prefer wearing cotton clothes to work?.

Ans: Cotton clothes absorb sweat, & allow the body heat to escape making them more comfortable.

iii. From where do we get cotton?

Ans: From cotton Plants.