

NEW ERA PUBLIC SCHOOL, RAJBAGH

SOLVED ASSIGNMENT OF UNIT-Ist (2020-21)Topic:- FOODCLASS:- 4thLesson no.:- 01SUBJECT:- SCIENCEQ1 Why do we need food?

Ans We need food because it gives us energy to work and play. It also helps us to grow, to fight against diseases and to stay healthy.

Q2 Why must children eat food rich in protein?

Ans The children must eat food rich in protein because protein helps them to grow and also helps them to repair and build different body parts.

Q3 Water does not contain any nutrients. But it is important for us. Why?

Ans This is because water helps to digest food, absorbs nutrients properly and get rid of wastes.

Q4 What is a balanced diet?

Ans The diet which contains all the types of nutrients in right amount is called a balanced diet.

Q5 Name the four groups into which food items are divided. How does this help us?

Ans Protein group, Milk group, Vegetable and

fruit group, Cereal group. This helps us to make the selection of a balanced diet easily.

Q6 Why does food that is not fresh get spoilt?

Ans This is because food contains bacteria which over a period of time starts growing and the food starts rotting.

Q7 Name three substances that can be added to food to preserve it.

Ans Sugar, salt and oil are the three substances that can be added to food to preserve it.

(A) Multiple Choice questions

Answers

- 1, c, Fish 2, b, vitamins 3, d, Two-thirds
- 4, a, Carrot 5, c, Wash vegetables before cutting them.

(C) Match the words in the two columns

Answers

1. - d. body-building
2. - e. fat
3. - a. blood
4. - c. spoil food
5. - b. preserving food.

Topic :- DIGESTIONLesson no. :- 02

Q1 Name four organs that produce juices to break down food into simpler forms.

Ans Salivary glands, pancreas, liver and small intestine are the four organs that produce juices to break down food into simpler forms.

Q2 How is saliva useful in digesting food?

Ans Saliva helps to break down starch into soluble sugar. It also softens the food for easy swallowing.

Q3 What happens to the undigested portion of food?

Ans The undigested portion of food passes out of the body through the opening called the anus.

Q4 What is fibre? How is it useful?

Ans Fibre is the part of the food that cannot be digested by the body. Fibre helps to remove waste from our body.

(A) Multiple Choice questions

Answers:

- 1., c, Lung 2., d, Stomach 3., b, Small intestine
4., a, to absorb water 5., d, Fibre.

(B) Fill in the blanks:-

Answers:-

- 1, Digestion 2, Digestive 3, Saliva
 4, liver, Pancreas 5, large intestine
 6, anus.

Topic :- TEETH AND MICROBES

Lesson no. :- 03

Q1 How many sets of teeth do humans have during their lifetime? Name them.

Ans The humans have two sets of teeth during their lifetime. Temporary teeth and permanent teeth.

Q2 Name the different kinds of teeth humans have. Say what each is used for.

Ans Different kinds of teeth Uses

1, Incisors

They are used for cutting and biting the food.

2, Canines

They are used for tearing the food.

3, Premolars

They are used for crushing the food.

4, Molars

They are used for grinding the food.

Q3 What will happen to your teeth if you do not brush them regularly? Why?

Ans If we do not brush our teeth regularly, they may decay and fall out. This is because when we eat, small bits of food get stuck between our teeth. If these bits of food are not removed, germs start growing on them and small holes called cavities then form on the teeth. If a cavity reaches the pulp, the tooth starts hurting.

Q4 What are microbes? Name the four different kinds of microbes.

Ans Microbes are the tiny living things that can be seen only with the help of a microscope. Bacteria, Protozoa, Viruses and fungi are the four different kinds of microbes.

Q5 What kinds of microbes are called germs?

Ans Disease-causing microbes are called germs.

Q6 Mention any three uses of microbes.

Ans Uses of microbes:-

1, They help in the decay of dead plants and animals.

2, They are used in making food such as cheese, vinegar etc.

3, They are used in making bread.

(A) Multiple Choice questions.

Answers

- 1, c, 20 2, a, Incisors 3, b, Canines 4, d, enamel
5, e, bacteria

(B) Fill in the blanks:-

Answers

- 1, Permanent 2, Incisors 3, Canines 4, Pulp
5, Bacteria 6, Viruses.

(C) Mark '✓' for true and 'X' for false statements.

Answers.

- 1, X 2, X 3, ✓ 4, ✓ 5, ✓ 6, X

PRACTICE THE CHAPTER WISE DIAGRAM ALONG WITH LABELLING OF THE FOLLOWING

- 1, Food rich in carbohydrates (Any three) — Page no. 2
2, Food rich in Proteins (Any three) — Page no. 2
3, Digestive system — Page no. 10
4, Structure of a tooth — Page no. 18

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