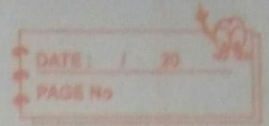


Class IV

Subject - Science

L-I Food for the Body



Word meaning		
Word	E/Meaning	H/Meaning
1. Nutrients	Substances obtained from food	पोषक तत्व
2. Diet	Food that we eat to make up our body	आहार
3. Toxins	Harmful substances in the body	विषाक्त तत्व
4. Starch	complex substances in food	शर्करा
5. Flu	Cough and cold	सर्दी, जुकाम

Que-1 Name one each

1. A product made of cereals → Bread
2. A product made of milk → Curd
3. A vegetable eaten raw → Cucumber
4. A Fruit → Mango
5. A fatty product → Butter
6. A food high in sugar → Cake

Q/Answer →

Que-1 Name the five basic nutrients in food.

Answer The five basic nutrients found in food are carbohydrates, fats, proteins, vitamins and minerals.

Que-2 Name the f x

Que-2 Who needs more protein? why?

Ans. People who are recovering from illness and growing children require more proteins as proteins are body building foods.

Que-3 Why should we eat less amount of fats?

Ans: Fats should be consumed in less amounts as excess fats are stored in the body and they leads to obesity.

Que-4. What are food groups? Name the five basic food groups and give examples.

Ans:- Food groups are the major groups of foods that we eat. There are five basic food groups and these include →

- (1) Cereals → Bread, Pasta
2. Vegetables and fruits → Cabbage, grapes
3. Milk and milk products → Curd.
4. Meat products like Fish, eggs etc.
5. Fats and sweets like cakes, butter etc.

Que-5. List the sources and functions of

(a) Any one vitamin

↓
Vitamin 'B' → It is found in foods like bean, Potatoes and bananas. It is required for overall fitness and strength in the body and to maintain proper heart rate.

Que-6 Why is water an important constituent of the body?

Ans:- Water is a major component of blood. It washes out the toxins from the body and helps in digestion.

Home work

Fill in the blanks → Page no - 10-11

1. Amla and Orange are rich sources of vitamin 'C'.
2. High amount of fats are found in oil and ghee.
3. Whole grains and Potatoes are good sources of vitamin B.
4. Iron is a major component of blood.
5. Fats keep us warm.