

2-5-21

Wed.

Cl. 4 Science
Revision

Fill in the blanks

1. Nutrients are substances in the food that help us to grow and survive.
2. Proteins are body building foods and Carbohydrates are energy giving foods.
3. Milk, fish, eggs, pulses are rich in Protein.
4. Fats keep us warm.
5. Vitamins and Minerals are protective foods.
6. Iodine, calcium, iron and potassium are some minerals.
7. Milk, curd and cheese are sources of calcium and apples, carrot spinach are sources of iron.
8. Young children need a lot of protein while the elderly need a high fibre diet.
9. Eggs, carrots and dairy products are rich in Vitamin A and milk, fish, eggs are rich in Vitamin D.
10. Iron is needed for blood formation.

11. The undigested part of the food is roughage.
12. Salivary glands secrete saliva and the liver secretes digestive juices.
13. The mouth, stomach, intestines, liver are part of the digestive system.
14. Pickling, freezing, drying are ways of preserving food.
15. Blood carries nutrients to different parts of the body.
16. The ureters carry urine to the urinary bladder.
17. Sugar and starch are types of carbohydrates.
18. A, B, C, D, E, K are types of Vitamins.
19. Another name for the food pipe is esophagus.
20. Kidneys, urethra, urinary bladder are parts of the excretory system.