

# ***DON BOSCO SCHOOL, KOKAR, RANCHI***

**CLASS -4**

**GENERAL SCIENCE**

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**THEME :I HUMAN BODY:FOOD WE EAT**

## **CHAPTER 1. THE FOOD WE EAT**

**Instructions:-**

- Questions no. A,B, and E to be done in book.
- Question no. D and F to be done in copy.
- Page no. 17 (Let's do) and page no. 20 ( Picture Study) do it by yourself.

### **Exercises**

#### **A. Tick the correct option:**

1. Essential substances present in the food are called nutrients.
2. Which among the following is a good source of protein? Milk
3. Most of the body is made of water.
4. In pickling, food is preserved in oil.
5. We should wash fresh fruits in water.

#### **B. Fill in the blanks :**

1. All living beings need food to survive.
2. All food that contain sugar or starch are called carbohydrates.
3. Protein are called body- nutrients.
4. Vitamins and minerals are also known as protective foods.
5. Most of the body is made of water.

**C. Match the following:**

- |            |                            |
|------------|----------------------------|
| 1. Food    | (iii) fuel of the body     |
| 2. Fats    | (i) give energy and warmth |
| 3. Corncob | (iv) roughage              |
| 4. Bread   | (ii) starch rich food      |

**D. Give two examples of each :**

1. Carbohydrates:- banana , bread
2. Vitamins :- eggs , fruits
3. Fats :- butter , ghee
4. Proteins :- milk , soya
5. Minerals :- vegetables , fish

**E. Name them :**

1. This nutrients helps our bodies to repair the damaged part by building new cells. Proteins
2. It is required for healthy bones and teeth. Minerals
3. It is not a nutrient but is most essential for our body. Water
4. A diet that contains right quantities of all nutrients. Balanced diet
5. The method of food preservation in which food is preserved in oil, salt and spices. Pickling

**F. Answer the following questions:**

1. Name any two food items which are rich in carbohydrates.

Ans:- Banana and potatoes are the two food items which are rich in carbohydrates.

2. Which nutrients are need by the body in small quantity?

Ans:- Vitamins, minerals and fats are needed by the body in small quantity.

3. What is a balance diet?

Ans:- A diet containing right quantities of nutrients is called a balance diet.

4. How can you prevent the wastage of food?

Ans:- We can stop the wastage of food by:-

(a) Buy only the require quantity of food.

(b) Cook only that which is sufficient.

(c) Finish the food on your plate.

(d) Give away the left over food to the needy.

5. What is food preservation? Write three methods by which food can be preserved?

Ans:- The process of preventing food from getting spoiled is called food preservation.

The three methods by which food can be preserved are:

(a) Boiling

(b) Canning and bottling

(c) Freezing

**HOME ASSIGNMENT:** Draw 2-2 each of the components of food:

1. Carbohydrates
2. Fats
3. Proteins
4. Vitamins and minerals

## **THEME II : HUMAN BODY: THE TEETH**

### **CHAPTER 2 : THE TEETH**

*Instructions:-*

*Question no. A and B to be done in book.*

*Question no. C and D to be done in copy.*

*Page no.26 and page no. 28 Do by yourself.*

### **EXERCISES**

#### **A. Tick the correct option:**

1. The teeth start appearing when the baby is around six months old.
2. Normally, an adult has 32 teeth.
3. The shining white part of a tooth is called enamel.
4. Cavities are formed on surface of the tooth.
5. Dentine lies below the enamel.

#### **B. Fill in the blanks:**

1. Teeth give proper shape to the face.
2. An adult has six molars in each jaw.
3. The root makes sure that the tooth stays in place.
4. We must rinse the mouth after every meal.
5. We should brush our teeth at least twice a day.

**C. Match the following:**

- |                       |                              |
|-----------------------|------------------------------|
| 1. First set of teeth | (iv) milk teeth              |
| 2. Incisors           | (i) cutting teeth            |
| 3. Pulp               | (ii) inside the dentine      |
| 4. Dental floss       | (v) cleans between the teeth |
| 5. Pre molars         | (iii) broad and flat         |

**D. Answer the following questions:**

1. How do teeth help us? Where are the teeth present?

**Ans:- Teeth help us to bite and chew food.**

**Teeth are present in the upper and lower part of the mouth.**

2. Give differences between temporary and permanent sets of the teeth.

**Ans:-**

Temporary teeth	Permanent teeth
a) The first set of teeth in a child are called milk or temporary teeth.	(a) By the age of twenty, a new set of teeth is developed called permanent teeth.
(b) A twelve year child has twenty teeth.	(b) Most adult have 32 teeth.

3. What is the function of enamel?

**Ans:- The function of enamel is to protect the dentine.**

4. Explain the process of tooth decay.

**Ans:- When we eat food, small bits of food get stuck between the teeth causes bacteria or germs. They make holes or cavities on the surface of the tooth and**

then travel through the dentine to pulp, making holes bigger. As a result, the tooth starting painning ,this is called tooth decay.

5. Which nutrients are important for teeth and gums?

**Ans:-** The nutrients that are important for teeth and gums are milk, vegetables, fruits and water.

6. What are the good food habits for keeping the teeth healthy?

**Ans:-** The good food habits for keeping the teeth healthy are:

(a) Drink milk every day.

(b) Eat fresh vegetables and fruits.

(c) Eat less chocolate and ice-creams.

(d) Avoid food that stick to teeth.

### **Home Assignments: -**

A. Draw THE DIFFERENT TYPES OF TEETH

1.Incisor                      3. Premolar

2. Canine                    4. Molar

B. Draw, label and colour: THE STRUCTURE OF A TEETH.

## **THEME -III: HUMAN BODY: DIGESTIVE SYSTEM AND EXCRETORY SYSTEM**

### **CHAPTER 3- HUMAN BODY: DIGESTIVE SYSTEM AND EXCRETORY SYSTEM**

#### **Instructions:**

*Question no. A, B and C in book.*

*Question no. D, E and F in copy.*

*Page no. 32 (Let's do) and page no. 37 (Picture Study) Do it by yourself.*

#### **Exercises**

##### **A. Tick the correct option:**

1. Which of these is an organ of the digestive system? [Nose](#)
2. Faeces are removed from the body through the [anus](#).
3. Saliva contains [enzymes](#) that help in digestion.
4. We should avoid eating [junk food](#).

##### **B. Fill in the blanks:**

1. Many [organs](#) work together and help in the process of digestion.
2. The tongue helps in the proper mixing of [saliva](#) with the food.
3. The food becomes a soup like paste in the [stomach](#).
4. Lack of water can disrupt the process of [digestion](#).
5. Urine is stored inside the [urinary bladder](#).

##### **C. Write 'T' for True and 'F' for False:**

1. Rectum is an organ of the excretory system. [False](#)
2. The process of digestion starts in the mouth. [True](#)



3. The food is broken down further into smaller pieces by churning inside the stomach. [True](#)

4. Urine is formed inside the urethra. [False](#)

5. We should drink sufficient amount of water daily. [True](#)

6. A regular bowel movement is important to maintain proper functioning of our body. [True](#)

**D. Match the following:**

- |                     |                        |
|---------------------|------------------------|
| 1. Liver.           | (iii) bile             |
| 2. Large intestine. | (v) absorbs water      |
| 3. Undigested food. | (i) cause constipation |
| 4. Fibre-rich food. | (ii) oats and beans    |
| 5. Urethra.         | (iv) release urine     |

**E. Name the following:**

- |  |                                |
|--|--------------------------------|
| 1. It is produced by the salivary glands.                                  | <a href="#"><u>Saliva</u></a>  |
| 2. It helps to push the food down into the stomach.                        | <a href="#"><u>Muscles</u></a> |
| 3. Faeces are stored here for a short time before being passed out.        | <a href="#"><u>Rectum</u></a>  |
| 4. These are two reddish bean shaped organs in our body.                   | <a href="#"><u>Kidneys</u></a> |
| 5. These thin tubes carries urine to the urinary bladder from the kidneys. | <a href="#"><u>Ureter</u></a>  |

**F. Answer the following questions:**

1. What is digestion? Name the organs of the digestive system.

**Ans: The process by which food is broken down into a simpler form so that it can easily take in or absorbed by our body is called digestion.**

The mouth, food pipe, stomach, small and large intestine, liver, rectum and anus are the main organs of the digestive system.

2. What happens to the food in the small intestine?

**Ans:** In the small intestine, the process of digestion is completed. A digestive juice called bile is poured into the small intestine which helps the food to get digested and the useful nutrients from the food are absorbed into blood.

3. Write the function of any two organs of the excretory system.

**Ans:** The function of two organs of the excretory system are:

(i) Kidneys: Urine is formed inside the kidneys. They filter and absorb the waste from blood and release it in the form of urine.

(ii) Urethra: Urine is released out of our body through urethra.

4. Why is drinking water essential for our digestive system?

**Ans:** Water is very important part of the diet and is especially for our digestive system. Without sufficient water, absorption of food and nutrients in the intestine will not be proper. Water helps in removal of solid waste from our body and prevents our stomach walls from acid produced by stomach walls.

5. List five healthy eating habits which lead to good digestion.

**Ans:** The five healthy eating habits are:-

(a) We should be regular about the meal timings.

(b) We should take a balanced diet.

(c) It is important to sit down and relax while eating.

(d) We should drink plenty of water.

(e) Rest a while after taking meal.

6. Draw a well labelled diagram of the digestive system. (Do by yourself page no.30)

**Home Assignments:-**

**(A) Draw a well labelled diagram of The Digestive System.**

**(B) Draw a well labelled diagram of The Excretory System.**

**{Science Holiday homework worksheet}**