

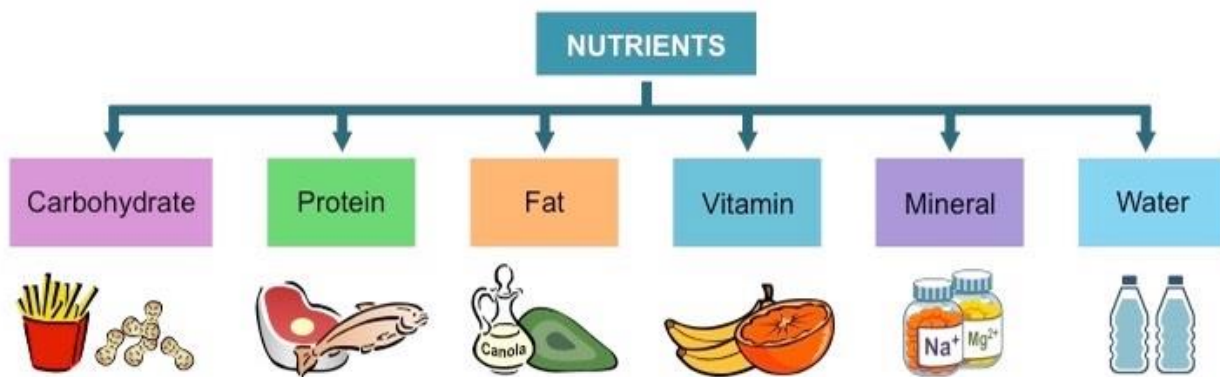
# Bal Bharati Public School, Navi Mumbai.

Class 4 Science

## Chapter 1. Food and digestion. (Answer Key)

### Digestion

Nutrients are essential part of our life. These are present in food which provide nourishment to our body and maintain our health and life.



1. Make a following table in your notebook.

Sr.No.	Nutrient Group	Function	Source
1	Carbohydrate	They give instant energy	Starch-Potato, rice, wheat Sugar-White sugar, honey
2	Fat	They give more energy than carbohydrates and keep our body warm	Ghee, butter, oil
3	Protein	They help in building and repairing damaged muscles.	Pulses, beans, meat, fish, milk.
4	Vitamins and Minerals	They help body by protecting from infections and diseases.	Green leafy vegetables, fresh fruits, milk, fish, meat

Fiber



Fiber absorbs water just like a dry sponge. When fiber acts like sponge then it adds bulk to the food in the intestine. This soft bulk helps the food to move through the intestine.

2. What are the sources of fiber?

Ans.2. Fiber is found in all plant foods including whole grains, fruits,vegetables,beans ,nuts and seeds.

3. What do you think will happen if you eat food without fiber ?

Ans 3. Fiber is necessary for proper functioning of the digestive system as it adds bulk to the food in the intestine.This bulk helps food to move through the intestine.

4. Why does Raju the body builder eat an entire chicken everyday?



Ans 4. Raju is a body builder.He must be exercising to build his muscle strength.So he needs to include protein in his diet . Therefore he eats entire chicken everyday.

5. A balancing Act

Children ,a healthy diet is a balanced combination of body building,energy giving ,and protective foods.You also need fiber which you cannot digest., but it helps food move through the digestive tract. If you eat too little you will not get enough nutrition and if you overeat you will become overweight and have other problems So **EAT BALANCED DIET!!!**

Here are some meals with one item missing from each one. Decide what food you would want to add to make each meal a part of a balanced diet.Write name of the item and which food group it is from.

**Meal 1**

a. Steamed Rice



b. Carrot



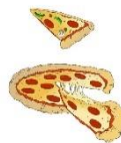
c. Potato Sabji



d. Dal-Protein

**Meal 2**

a. Pizza with cheese and tomato topping



b. Vegetable Salad-Vitamin and minerals.

### Meal 3

- a. Fried egg
- b. Toast



- c. Caramel Pudding



### Meal 4

- a. Roti
- b. Mixed vegetable subji
- c. Gulab Jamun
- d. **Bean Sprouts Salad-Protein**



- d. **Boiled Vegetables/ Fresh fruits –Vitamins and minerals.**

6. Water quiz- a. How much fraction of your body is water? - **Three fourth of our body weight.**  
b. How many glasses of water should you drink every day? **At least eight glasses.**  
c. Name a few healthy drinks. **Coconut water, Fruit juice**  
d. Three ways to save water.  
**1. Turn off the water taps when you don't require..**  
**2. Regularly check water pipes if any leaks**  
**3. Every minute you spend 17 liters of water by using power shower.**  
**Keep your showers short and water saving.**

7. Link for digestive system: <https://www.youtube.com/watch?v=VwrsL-ICZYo>