

## SESSION-2020-2021

### CLASS IV- SCIENCE HOME ASSIGNMENT-I

\* Kindly copy down the following terms and question answers in your science copy (single lined copy) and learn it.

#### Ch -1 Food And Digestion

##### I. Define the terms

1. **Nutrients**- substances in food which keep us alive and healthy.
2. **Digestion**- the process of breaking down of food into a simpler form.
3. **Balanced diet**- diet which contains the right amounts of carbohydrates, proteins, fats, vitamins and minerals.
4. **Carbohydrates**- energy giving food.
5. **Intestine**- food pipe below the stomach.
6. **Preservation**- saving food from getting spoilt by freezing, drying etc.
7. **Protein**- food for growth and repair.
8. **Salivary gland**- organ in the mouth that secretes saliva.
9. **Starch**- carbohydrate made up of many molecules of simple sugar.
10. **Stomach**- muscular bag-like part of the digestive system.
11. **Vitamin**- substance found in tiny amounts in some foods, which our body needs.
12. **Fats**- oily substances in food that give energy.

## **II. Write short answers**

### **1. Why do we need food?**

**Ans-** We need food to grow and stay alive.

### **2. Name any three food items which contain starch.**

**Ans-** Rice, wheat and potato.

### **3. Name any four sources of vitamins and minerals.**

**Ans-** Four sources of vitamins and minerals are fresh fruits, vegetables, milk and meat.

### **4. What is a balanced diet?**

**Ans-** A diet which has all nutrients in right amount is called a balanced diet.

### **5. Where does the digested food enter from the stomach?**

**Ans-** From the stomach, the digested food enter to the small intestine.

## **III. Answer these questions:-**

### **1. What happens to the food in the mouth?**

**Ans-** As we chew the food, the food break into small pieces and saliva mixes with the food. Saliva changes the insoluble starch into soluble sugar.

### **2. What is the function of small intestine?**

**Ans-** The function of small intestine is to produce a digestive juice. Liver and pancreas also pour their juices into small intestine to the digested

food, which is then absorbed by blood vessels and carried to all parts of the body.

### **3. What happens to our food when it enters the stomach till it reaches the large intestine?**

**Ans- The site of digestion are as follows:-**

i) The food is churned in the stomach and digestive juice break down the protein into simpler form. The food is then pushed into the small intestine.

ii) The inside walls of small intestine produce a juice .The liver and pancreas also pour their juices into the small intestine to digest the food completely.

iii) The blood vessels present in the small intestine absorb the digested food and carry to all parts of body.

iv) The undigested food passes to the large intestine.

### **4. What is preservation?**

**Ans-** The process of treating food in a way that preserves its value for a long time is called preservation.

### **5. How do we preserve food?**

**Ans-** We can preserve food in the following ways:

i. By keeping it at low temperature.

ii. By adding sugar or salt.

iii. By removing water content(by dehydrating)

iv. By canning

### **HOTS QUESTIONS**

**1. You need to consume more proteins than your grandmother. Why?**

**Ans-** Proteins help our body to grow. Since we are growing we need more proteins than our grandmother.

**2. Pineapple jam can be kept for a longer period than pieces of pineapple. Why?**

**Ans-** Pineapple jam is prepared by boiling its fresh pulp with sugar, which helps to preserve food. So, pineapple jam can be kept for a longer period than pieces of pineapple.

**3. Your father brings milk every morning .Why can't he get milk for the whole month together?**

**Ans-** Milk cannot be kept for a longer period as it can get easily spoiled by microorganisms. That is why my father brings milk every morning.

**NOTE: Students are advised to refer to the link given below to understand the chapter.**

**<https://youtu.be/sT9LLTs2GNQ>**