

CHRIST CHURCH SCHOOL
WORKSHEET 1 ANSWER KEY

Name : _____

Roll No : _____

Subject : SCIENCE

Date : _____

STD 4 : A B C D E F G

TOPIC: FOOD WE EAT

I Fill in the blanks:

- 1 Complex carbohydrates are also called **starches**.
- 2 **Unsaturated** fats are good or healthy fats.
- 3 **Roughage** is also called dietary fiber.

II Match the column:

A

- 1 Protein
 - 2 Refined flour
 - 3 Saturated fats
 - 4 Raise in sugar level
- Ans (1- b) , (2- d) , (3 -a) , (4 -c)**

B

- a)Heart disease
- b)Egg
- c)Diabetes
- d)Maida

III Name the following:

1. Name 2 types of fats.

Ans: Unsaturated and saturated fats.

2. Name one protein rich food.

Ans Egg.

IV Short notes:

1 Complex Carbohydrates.

Ans: Complex carbohydrates are also called starches. It is present in rotis, chapatti, paratha, rice, brown bread etc. Unlike simple sugars, most of the complex carbohydrates are good for health.

2 Saturated fats

Ans: Saturated fats are found in red meat and animal fats like butter, cheese, cream etc. Consumption of saturated fats may lead to heart diseases.

IV Answer the following:

1 What is a balanced diet?

Ans: A balanced diet contains adequate amounts of all required food groups such as protein, fats, carbohydrates, vitamins, minerals and fiber.

2 What can each one of us do to reduce food wastage?

Ans: a) Buy only what you need.

- b) Cereals and pulses that we buy, should be stored in an air tight container.
- c) Serve small portions and finish what is on the plate.
- d) Give away food that you may not require.
- e) Use the food bought before they reach the expiry date

