

CHRIST CHURCH SCHOOL
WORKSHEET 1

Name : _____

Roll No : _____

Subject : SCIENCE

Date : _____

STD 4 : A B C D E F G

Topic: Food We Eat

**INSTRUCTIONS:KINDLY VIEW THE ATTACHMENT BEFORE ANSWERING
THE WORKSHEET.**

Please click on the link below

https://youtu.be/fHyeUCI1_1s

I. Fill in the blanks:

1. Complex carbohydrates are also called _____.
2. _____ fats are good or healthy fats.
3. _____ is also called dietary fibre.

II Match the column:

A

- 1 Protein
- 2 Refined flour
- 3 Saturated fats
- 4 Raise in sugar level

Ans 1____,2____,3____,4_____

B

Heart disease
Egg
Diabetes
Maida

III Name the following:

- 1 Name 2 types of fats.

Ans

_____.

- 2 Name one protein rich food.

Ans

_____.

IV .Short notes:

1. Complex Carbohydrates.

Ans _____

2. Saturated fats

Ans _____

V. Answer the following:

1. What is a balanced diet?

Ans _____

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

Ans _____
