

**CHRIST CHURCH SCHOOL**  
**WORKSHEET 3 REVISION ANSWER KEY**

Name: \_\_\_\_\_

Roll No: \_\_\_\_\_

Subject: **SCIENCE**

Date: \_\_\_\_\_

STD 4: **A B C D E F G**

**Topic: Food We Eat/ Teeth**

**I. Fill in the blanks:**

1. Survival.
2. Gingivitis
3. Fats.
4. Pulp

**II. Match the column:**

**A**

**B**

- |                   |  |
|-------------------|--|
| 1. Fats           | (a) is a natural supplement that aids in weight loss.    |
| 2. Protein powder | (b) help in insulating the body.                         |
| 3. Roughage       | (c) food that helps in maintaining health and feel good. |
| 4. Nutrients      | (d) undigested part of a plant food that we eat.         |

**Ans 1(b), 2(a), 3(c), 4 (d)**

**III. Define:**

**1. Canines**

**Ans:** There are four canines, two in the upper jaw and two in the lower jaw. They are pointed and sharp. The canines tear the food. They are used to tear meat into bite-sized pieces.

**2. Incisors**

**Ans:** Incisors are the eight teeth located at the front of our mouth: four in the upper jaw and four in the lower jaw. They cut the food into smaller pieces like a knife. They are with a sharp edge similar to a knife.

#### **IV. Write a short note on:**

##### **1. Food Wastage**

**Ans:** Wastage of food is derived as the throwing away of unused food. It can be cooked or in raw form. In fact, food wastage also includes food thrown away during production, processing, selling, cooking and eating. Food wastage not only deprives poor people of food but also is a waste of the resources that have gone into growing it. Food wastage also make food costly.

#### **V. Answer the following:**

##### **1. Why are vitamins and minerals important for our body?**

**Ans:** Vitamins and minerals are required to keep our body healthy and functioning properly. They also build our immunity to fight a variety of diseases. Plants and animals are sources of vitamins and minerals obtained from the environment. Vitamins are of two types -water- soluble and fat- soluble. The body uses the required amount of water- soluble vitamins and the rest are excreted from the body. The extra amount of fat-soluble vitamins are stored in our body. Various sources of vitamins are plants, fruits, vegetables, milk, fish, meat and poultry.

Calcium, iron sodium, potassium and many other minerals are required by our body in small amounts. Calcium is required to build strong bones and teeth, milk is an excellent source of calcium, similarly, iron found in green leafy vegetables, dry fruits and red meat is required for maintaining the hemoglobin levels in the blood.

##### **2. Structure of the tooth**

**Ans:** The tooth has two parts one above the gums, called the crown and the other inside the gum called the root. The outer protective layer of the crown is called the enamel. It is the hardest substance in the body. Below the enamel is the dentine. It forms the major part of a tooth. Inside the dentine is the soft tissue called the pulp. The blood vessels and the nerves of the tooth are a part of this tissue. The nerves make the teeth sensitive and the blood supply keeps the tooth alive. The pulp tissue extends from the dentine to the root of the tooth. A hard bone like tissue forms the root and protects it. This root supports and anchors the tooth the gums.

## **VI. Value Based Question:**

1. How can we avoid wastage of food at home?

**Ans: Top 5 ways to avoid wastage of food at home.**

1. **Don't over buy.** Keep track of what you've bought and used.
2. **Check the use-by dates of fresh food when you buy it.**
3. **Plan ahead.** Think about what you're going to cook and how you'll use the leftovers.
4. **Get to know your grocer.** They will have plenty of advice on how to use up leftover veg.
5. **Love your freezer.** Use your weekends to *batch-cook* and freeze. There are plenty of freezing tips in our *guide*.

*(ANY OTHER REASONABLE ANSWER IS ACCEPTABLE)*

## **VII. Application Based Question**

1. How can we take good care of our teeth?

**Ans: Here are some tips to help you look after your teeth.**

1. Brush at least twice a day.
2. Use fluoridated toothpaste.
3. Brush thoroughly.
4. Floss your teeth daily.
5. Limit acidic drinks like soft drinks and fruit juices.
6. Limit sugary foods.
7. Protect your teeth from injury.
8. Try to save a knocked out tooth.

