

CHRIST CHURCH SCHOOL
WORKSHEET 3 REVISION

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. Food is essential for our _____.
2. Gum disease is also called _____.
3. Foods like nuts, oils, butter and red meat are sources of _____.
4. Inside the dentine is the soft tissue called the _____.

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_____, 2_____, 3_____, 4_____

III. Define:

1. Canines

Ans _____

2. Incisors

Ans _____

IV .Write a short note on:

1. Food Wastage

V. Answer the following:

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

2. Describe the structure of the tooth.

VI. Value Based Question:

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

VII. Application Based Question

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

Ans _____