

ICSE SCIENCE 4

Chapter 1: Food We Eat

Worksheet 1

1. Fill in the blanks.

- (i) _____ are called body-building food.
- (ii) Iodine turns _____ violet.
- (iii) We should not waste _____ .
- (iv) Grains and pulses should be dried in the _____ before storage.
- (v) Rice is a rich source of _____ .

2. Write T for true and F for false statement.

- (i) We should eat salad every day.
- (ii) Growing children need more amount of proteins in food.
- (iii) Glucose gives instant energy.
- (iv) Proteins are called protective food.
- (v) Roughage is an energy-giving food.

3. Match the following.

Food items	Nutrients
(i) Potato	(a) Protein
(ii) Milk	(b) Fat
(iii) Nuts	(c) Roughage
(iv) Tomato	(d) Carbohydrate
(v) Oat	(e) Minerals

Chapter 1: Food We Eat

Worksheet 2

1. Give one word for the following.

- (i) The food we eat daily
- (ii) An instant source of energy
- (iii) The nutrients which protect us against diseases
- (iv) People who need more fat
- (v) The body system which digests the food we eat

2. Name the nutrients of following food items.

- (i) Fruits _____
- (ii) Butter _____
- (iii) Fish _____
- (iv) Maize _____
- (v) Chapati _____

3. Answer these questions.

- (i) Which food component gives more energy than carbohydrates?
- (ii) What is a balanced diet?
- (iii) What are dairy products? Name them.
- (iv) What is roughage?
- (v) What are nutrients?