

Grade 4 Food, our fuel 20.01.23

Science Worksheet

1. Identify the food picture and write the food category.

1.  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3.  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4.  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5.  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

II. Who am I?

1. I am a very important macronutrient. I give energy to your body. I am the most important component of breakfast. Guess me. \_\_\_\_\_\_\_\_\_\_\_
2. I am present in carrot, mango and yellow vegetables. I am very useful for your eyesight. Who am I? \_\_\_\_\_\_\_\_\_\_\_\_\_
3. I am the important liquid. I help to absorb the nutrients. When I am taken less, you suffer from constipation. Guess me.\_\_\_\_\_\_\_\_\_\_\_
4. I am the secondary source of energy in our body. I help to absorb the vitamins. Too much of me in your body leads to obesity. Who am I?\_\_\_\_\_\_
5. I am major component present in plant food, but I am not a nutrient. I help to digest the food. I am \_\_\_\_\_\_\_\_\_\_\_.

III. Draw any two sources of the following.

1. Plant protein
2. Iron
3. carbohydrates