

St. Andrews Scots Sr. Sec.School

9th , Avenue, I.P Extension , Patparganj, Delhi-92

Session: 2026 –2027

SUBJECT- SCIENCE

Class: IV Topic: Healthy Eating Lesson No: 6

- **Reading of the chapter**
- **Explanation (will be done in class)**

Book Exercises

Checkpoint 1

1. SOYABEAN , PROTEIN
2. POTATO, CARBOHYDRATES
3. BUTTER, FAT

Checkpoint 2

Fill in the blanks

1. Nutrients
2. Pulses, beans
3. Cooking
4. baking
5. Cheese or yogurt

Exercises

A. True or False

1. False
2. True
3. False
4. False
5. False

B. Fill in the blanks

1. Nutrients
2. Carbohydrates, fats
3. Protein
4. Vitamins, minerals
5. Preservation

C. Tick the correct answer

1. energy
2. proteins
3. formation of blood
4. protective nutrients
5. all of these

D.

Carbohydrates	Proteins	Fats	Vitamins and Minerals
Rice	Egg, cheese	Butter	Apple
Bread	Fish		pear
Potato	Pulses		Spinach
Sugar	Meat		Brinjal, Tomato

E.

Nutrient	Food Source	Functions
Carbohydrates	Sugar, Rice	Provide Energy
Proteins	• Fish • Soyabean	Growth, repair of body cells and Build Body muscles
Fats	Butter, Ghee	• Provide us energy • Keep our body warm

Learn Defines from page no 64

Notebook work

New words

1. Nutrients
2. Carbohydrates
3. Proteins
4. Protective food
5. Roughage
6. Food pyramid
7. Balanced diet
8. Steaming
9. Roasting
10. Food preservation

D. Answer the following questions

1. Why do we need food?

Ans. We need food to get energy, grow and repair damaged cells of the body and to keep our body fit, healthy and disease-free.

2. What is a balanced diet?

Ans. The diet that contains the right amount of all the nutrients is called a balanced diet.

3. Why do we need to drink water every day?

Ans. We need to drink water every day because it helps in the digestion of food, removal of waste from the body and keeps the skin healthy.

4. Why is fibre required in our diet? Give examples of foods that give us fibre.

Ans. Fibre in our diet keeps our digestive system healthy. Foods such as whole grains, spinach, lady's finger, cucumber, oats, etc. give us fibre.

5. Name any four methods of cooking food.

Ans. Boiling, frying, steaming and roasting are methods of cooking food.

6. Name the various methods of preserving food. Give examples of each.

Ans. Various methods of preserving food with examples are as follows:

- (a) Heating: Milk is preserved by heating.
- (b) Salting: Vegetables / fruits / meat / fish.
- (c) Pickling: Raw mangoes / olives / green chillies.
- (d) Sweetening: Fruits.
- (e) Drying: Cereals / red chillies / fenugreek leaves / fish.
- (f) Freezing: Cooked food / fruits / vegetables / fish / meat / eggs.
- (g) Canning: Tomatoes / green peas / chillies / fruits.
- (h) Changing form: Milk into cheese or yogurt.

7. Give the functions of the following nutrients:

(a) Carbohydrates

(b) Proteins

(c) Fats

(d) Vitamins

(e) Minerals

Ans. (a) Carbohydrates give us energy.

(b) Proteins help in the growth and repair of damaged cells of the body.

(c) Fats give us energy and warmth.

(d) Vitamins keep our body fit and disease-free.

(e) Minerals are required in the formation of blood, bones and teeth and in maintaining water balance of the body.

Give reasons (Think Zone)

1. Why should eat lemons and oranges regularly?

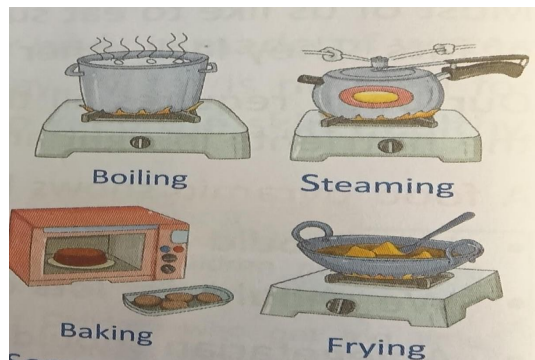
Ans. Lemons and oranges are rich sources of vitamin C. It protects us from many diseases.

2. Why should we take small portions of food in our plate?

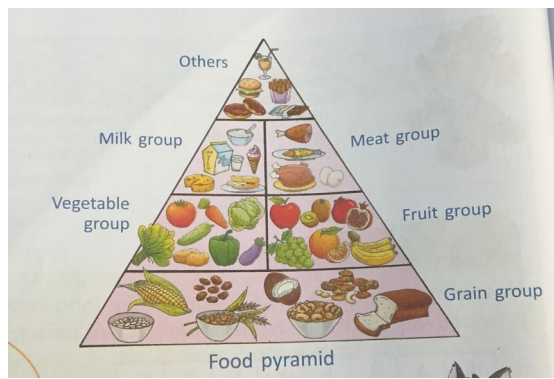
Ans. We should take small portions of food in our plate to avoid the wastage of food.

Diagrams

Draw the following diagrams :



WAYS OF COOKING FOOD



FOOD PYRAMID