

POOJA MODEL SCHOOL

SESSION:-2025-2026

SCIENCE-WORKSHEET

CLASS -4th

TOPIC;-1.FOOD;OUR BASIC NEED

2 DIGESTION AND MICROBES

JULY 2<sup>nd</sup> WEEK

[A.].Fill in the blanks:-

- 1)A .....diet is important for proper growth and development.
- 2)The Germ that causes COVID - 19 is a.....
- 3).....are needed for Growth also of our body and and repair of our for be building muscles.
- 4)Food rich in ..... are called energy-giving food.
- 5).....a sack like organ .where the food churned in organ and mixed with the digestive juice.
- 6).....Is the hardest Substance in in own our body.
- 7)Microorganism can be seen only through on instrument called .....
- 8) \_\_\_\_\_ is very important for strong teeth.
- 9)Incisors are used for \_\_\_\_\_ and..... the food.
10. To much sugar consumption or poor oral hygien are both risk factor for.....
- 11.Disease Causing microbes are called \_\_\_\_\_.
- 12.Brush your teeth \_\_\_\_\_a day.
13. Removing the water content of the food is called\_\_\_\_\_.
- 14 the food that we eat is broken down into \_\_\_\_\_ Form.
- 15.A\_\_\_\_\_diet has all necessary Nutrients required by the body.

B .Writer T for (True) and F for (False)

- 1.Food rich in carbohydrates are called body-building food. ( )
- 2Body position is ref to as posture.( )
- 3.. and rice are cooked by roasting . ( )

- 4.molars are used for tearing the food. (    )
- 5.Microbes can be seen only through an instrument called a microscope (    ).
- 6.Carbohydrate protect us from disease and keep us fit and healthy. (    )
- 7.Yoga is a traditional form of Exercise practised in India Helps in maintain Physical (    )
8. Milk get spoiled if it is boiled. (    )
9. There are six smaller present in a set of permanent teeth. (    )
- 10.Canines teeth are situated next to incisors. (    ).

[ C.] Tick (✓) the correct option.

- 1.Milk teeth are also called\_\_\_\_\_
  - a.)deciduous teeth      oppb.) temporary teeth c.)both a & b.
- 2.Canines are\_\_\_\_\_ in number.
  - a.) four      b.)eight      c.) Six
3. from the mouth the food passes into a long tube called\_\_\_\_\_
  - a.) Small intestine b.) Oesophagus
  - c.) large intestine
4. The micro that causes COVID-19 is a\_\_\_\_\_
  - a.) protozoa      b.) bacteria      c.) virus
5. Food items rich in which of the following nutrients are called energy-giving foods?
  - a.) Carbohydrates b.) Proteins      c.) Minerals
6. Which one of these is needed for growth and repair of our body and also for building muscles ?
  - a.) Vitamins      b.)proteins      c.) Fats
7. How do Nutrients help us?
  - a.) Give us energy to do our work
  - b.) prevent us from falling sick
  - c.) both a & b
- 8.This protect us from diseases and keep us fit and healthy.
  - a.) Vitamins      b.) Fats      c.) carbohydrates

9. Proteins are \_\_\_\_\_ food.

a.) energy giving    b.) body building    c. protective food

10.) The first set of milk teeth contains\_\_\_\_\_ teeth.

a.) 20                      b.) 28                      c.)32

11. The part of tooth that is visible is called the \_\_\_\_\_

a.) root              b.) crown              c.) dentine

12. \_\_\_\_\_ does not secrete digestive juices.

a.) Oesophagus    b.) Intestine    c.) Stomach

13. The substance that are needed by our body for energy good health and proper growth are called \_\_\_\_\_.

a.) nutrients    b.) dietary fibre    c.) balanced diet

14. Too much of fat causes \_\_\_\_\_ and many other diseases.

a.) heart diseases              b.) obesity

c.) night blindness

15. The Part of the plant food that cannot be digested is called \_\_\_\_\_.

a.) dietary fibre    b.) nutrients    c.) None of these

16. Extra \_\_\_\_\_ is stored in our body for later use .

a.) carbohydrates              b.) proteins              c.) fats

17. \_\_\_\_\_ is celebrated as the International yoga day.

a.) 21st May    b.) 7<sup>th</sup> April              c.) 21<sup>st</sup> June

18. How many teeth are there in a permanent set ?

a.) 20              b.) 28              c.) 32

19. Microbes are of \_\_\_\_\_ main types .

a.) four              b.) Six              c.) two

20. Which of the following teeth have wisdom teeth?

a) Canines              b.) Molars              c.) premolars

21 The microbes that causes diseases like ringworm and athlete's foot

a.) protozoa              b.) bacteria              c.) fungi.

