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Class : 4th A & B

subject : science

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sub Techer : Naina paswan

Based on N.C.E.R.T pattern

CH : 5 OUR FOOD AND ITS DIGESTION

ANSWERS : I. 1. B , 2. D , 3. C , 4. C

**ANSWER: II : 1. Carbohydrates , 2. Cell , 3 .
Fats, 4. Vegetables and fruits, 5. Digestion,
6 . 8-ounce, 7. Before, 8. Harmful for our body , 9.
an hour after the meal , 10. Salt / Sugar ,
Acid.**

ANSWER: III : 1-B , 2- A , 3- E , 4- C , 5- D

**ANSWER: IV :Ans 1: The body uses fat as a fuel
source, and fat is the major storage form of energy in
the body. Fat also has many other
important functions in the body, and a moderate
amount is needed in the diet for good health.**

Ans : 2 . Vitamins are considered essential nutrients—because acting in concert, they perform hundreds of roles in the body. They help shore up bones, heal wounds, and bolster your immune system. They also convert food into energy, and repair cellular damage.

Ans:3 a. **Nutrient : the food we eat contains substances that keep our body healthy these substances are called nutrient .**

b. **Balanced diet: the diet that contains the required amount of all the nutrition in correct proportion is called a balanced diet .**

Ans: 4. Proteins are large, complex molecules that play many critical roles in the body. They do most of the work in cells and are required for the structure, function, and regulation of the body's tissues and organs.

Ans: 5. There are some minerals needed by us are : iron, calcium , Phosphorus , iodine , and zinc . And their sources are fresh fruits, cereals and green leafy vegetable and sprouts.

Ans: 6 . The uses of cooking food are :

1. cooking make food tasty .
2. it makes food soft and help in easy digestion.
3. it help in killing many germs that cause disease .

Ans 7. The role of refrigeration in preservation of food are : Germs do not grow at low temperatures . food stuffs like milk , bread ,vegetable , egg , fruit and cooked food can be preserved by keeping them in refrigerator .

Ans:8. Refrigeration helps in preserving fruits and vegetables by storing at low temperatures to slow down decay and natural metabolic processes. Meat, fish products and precooked foods also have limited life because of enzyme activities, bacteria attack and ageing.

Ans: 9. Think uncooked, unprocessed, mostly organic foods. Your staples: raw fruits, vegetables, nuts, seeds, and sprouted grains. Some eat unpasteurized dairy foods, raw eggs, meat, and fish. Your food can be cold or even a little bit warm .

Ans: 10 . a. **Canning**: some food disturb can be stored in airtight container bacteria and other germs cannot grow in them as they do not get air and

moisture . fruit , fish , meat and sweets are Canned for preservation .

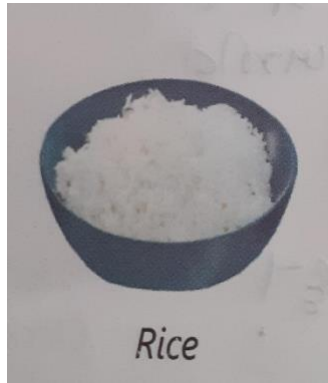
b. **Baking** : Baking, process of cooking by dry heat, especially in some kind of oven. It is probably the oldest cooking method. Bakery products, which include bread, rolls, cookies, pies, pastries, and muffins, are usually prepared from flour or meal derived from some form of grain.

c. **Pickling**: food can be stored by adding certain chemical known as preservatives . A commonly used as preservative is salt. Salt and oil are used for making pickles with vegetable like cauliflower , raw mango , tomato , lemon etc. Vinegar is also used to preserve some pickles .

Ans : 11. Microorganisms that grow on our food sometimes produce toxic substances. This makes the food poisonous causing serious illness and even death. Hence, it is important to preserve food properly to prevent it from being spoilt.

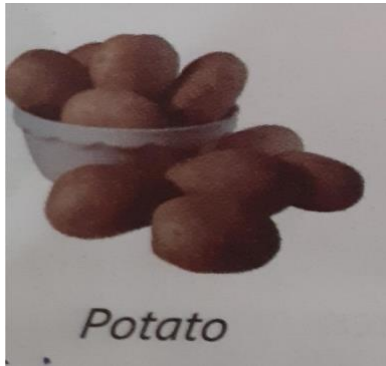
ANSWERS: V .

1. Two food items that contain starch :



Rice

I.



Potato

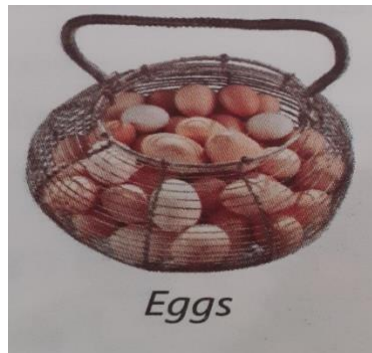
II.

2. Two protein rich food :



Chicken

I.



Eggs

II.
