

# **St. Andrews Scots Sr. Sec. School**

**9<sup>th</sup> Avenue, I.P. Extension, Patparganj, Delhi-110092**

**Session: 2022-2023**

**Class: IV Subject: Science Topic: Food and Digestion Lesson No: 1**

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

**(Textbook exercise)**

## **Section – A**

### **Class Response**

- **A. Oral Questions**
  1. To get energy
  2. It helps in removing body waste
  3. It helps in digestion of food
- **B. Science Quiz**
  1. Rice wheat, potato and maize
  2. Teeth
  3. Chips and cake

### **Worksheet**

- **A. MCQs**
  1. Roughage
  2. Small intestine
  3. Proteins
  4. Minerals
- **B. Circle the Odd One**
  1. Apple (because it is a fruit)
  2. Pulses (because it is a protein rich food)
  3. Eyes (because it is a sense organ)
- **C. FIB**
  1. Food pipe

2. Proteins
3. Fats
4. Oil
5. Spoiled

- **D. Identify and Label the Organs**

1. Mouth
2. Food pipe
3. Liver
4. Stomach
5. Pancreas
6. Large intestine
7. Small intestine
8. Anus

**Section – B**

- **A. MCQ**

1. Junk foods
2. Cooking

- **Very Short Answer Questions**

1. Where do we get energy from?

Ans. We get energy from the food we eat.

2. Name a method of food preservation.

Ans. Refrigeration.

3. Which organ produces bile?

Ans. Liver.

**(Notebook Work)**

- **Difficult Words**

1. Protective
2. Healthy
3. Roughage
4. Balanced diet

5. Carbohydrates

6. Preservation

7. Pancreas

8. Intestine

9. Roasting

10. Nutrients

- **Define**

1. Nutrients – The substances that are needed by our body for good health and growth are called nutrients.

2. Roughage – The fibre present in the food items that we get from plants is called roughage.

- **Short Answer Questions**

1. How does saliva help in digestion of food?

Ans. Saliva breaks the starch of food into simple sugars and also makes the food soft.

2. What is digestion?

Ans. Digestion is the process in which the food we eat is broken down into simple and soluble substances that are absorbed by the body.

3. What is food preservation?

Ans. Food preservation is the process by which we can prevent the food items from getting spoilt for a long time.

4. Why do we cook food?

Ans. We cook food because it makes the food more tasty, soft and easy to digest. It also kills the germs present in the food.

5. During dinner, Manisha always serves water to everybody in the family.

(a). How many glasses of water should we drink daily?

Ans. We should drink 8-10 glasses of water daily.

(b). What value do we learn from Manisha?

Ans. We learn that we should respect and serve our family members.

- **Long Answer Questions**

1. What is balanced Diet? Why should we have a balanced diet?

Ans. A diet that contains proper amount of all nutrients, roughage and water required for good health is called a balanced diet. We should have a balanced diet to get all the nutrients required by our body in right amount.

2. Briefly describe the process of digestion.

Ans. Digestion is a process in which the food we eat is broken down into simple and soluble substances that are absorbed by the body.

- i. The digestion of food starts in the mouth.
- ii. The teeth chew the food and the saliva secreted by the salivary gland gets mixed with the food.
- iii. The food then enters the stomach through the food pipe.
- iv. In the stomach, digestive juices get mixed with the food.
- v. The food then reaches the small intestine where the digested food is absorbed and the undigested food is passed into the large intestine.
- vi. The large intestine holds the extra water from the undigested food and the semi-solid waste now comes out as faeces through the anus.

- **Give Reasons**

1. Rahul is suffering from constipation. His grandmother suggests him to eat a lot of salad and fruits. How will that be helpful?

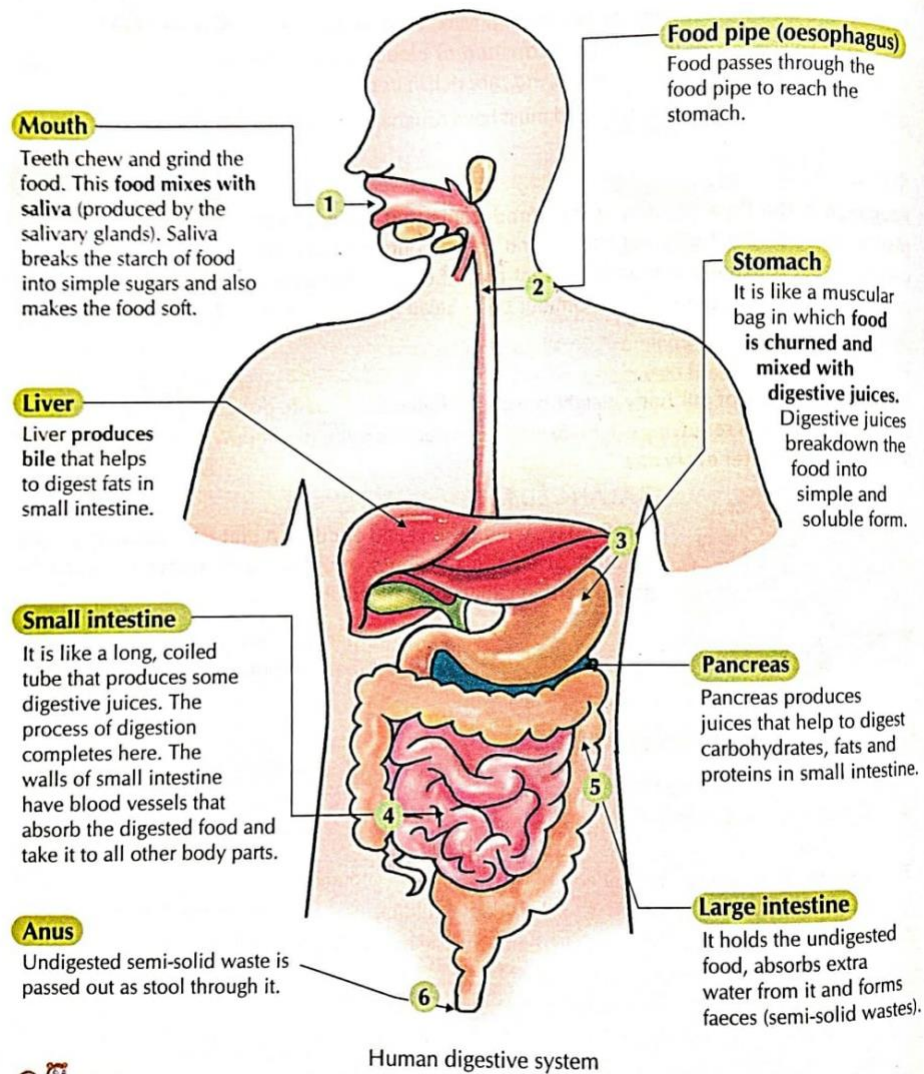
Ans. It will help him by removing waste from his body as salad and fruits are rich sources of roughage and roughage removes undigested waste from our body.

2. Pinky's mother always keeps the vessel with milk in the refrigerator. One day she forgot to do so. Pinky observed that the milk became like curd next day. Why?

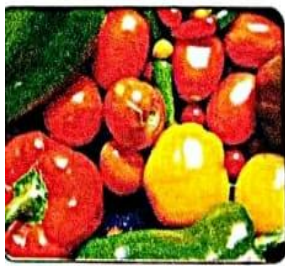
Ans. The milk became like curd because of the bacteria which acted on it whereas they are not able to do so in the refrigerator.

- **Draw neat and labeled diagrams**

1. Human digestive system (page no.8)



2. Two sources each of carbohydrates, proteins, fats, vitamins and minerals.  
(page no.6)

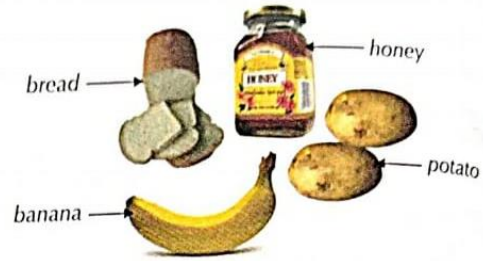


vegetables



fruits

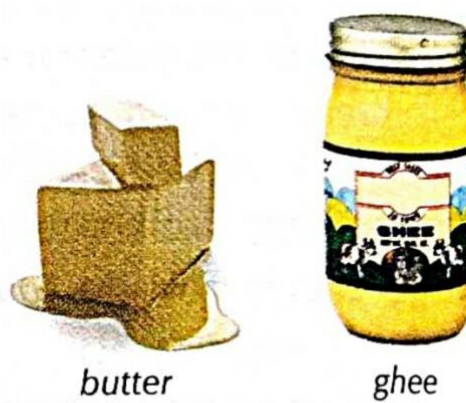
Foods rich in vitamins and minerals



Foods rich in carbohydrates



Foods rich in proteins



Foods rich in fats

- **Activity**

- Aim – To conduct a test to detect the presence of fats in the given food sample.
- Material required – Food Sample (oil/ butter), Butter Paper/paper
- Procedure
  - Take a small quantity of the food item to be tested(oil/butter).
  - Wrap the food item in a piece of paper and crush it.
  - Straighten the paper.
  - Dry the paper by keeping it in sunlight for a while.
  - Observe the paper.
- Result :An oily patch on the paper indicates the presence of fats in the tested food item.

- **Dictation**

Any 10 words

# Exercises

(Use Cordova Smart Class Software on the smart board in class to do these exercises.)

## SECTION - A

### Class Response

#### A Oral Questions:

1. Why do we eat food? *To get energy to do work.*
2. Why should we drink 8-10 glasses of water every day? *It helps in removing waste*
3. Why should we chew the food well? *It helps in digestion of food.*

#### B Science Quiz:

1. Name four food items rich in carbohydrates. *Rice, wheat, Potato, Maize*
2. Name the organ in our body that grinds the food. *Teeth*
3. Name two junk foods. *Chips and cake*

### Worksheet

#### A Multiple Choice Questions (MCQs):

1. Salad gives us a lot of \_\_\_\_\_.  
 (a) proteins ☐ (b) ☒ roughage ☐ (c) fats ☐
2. Digested food is absorbed in \_\_\_\_\_.  
 (a) stomach ☐ (b) large intestine ☐ (c) ☒ small intestine ☐
3. Eggs are rich in \_\_\_\_\_.  
 (a) vitamins ☐ (b) ☒ proteins ☐ (c) fats ☐
4. \_\_\_\_\_ are protective nutrients.  
 (a) ☒ Minerals ☐ (b) Carbohydrates ☐ (c) Proteins ☐

#### B Circle the odd ones. Give reason for your choice:

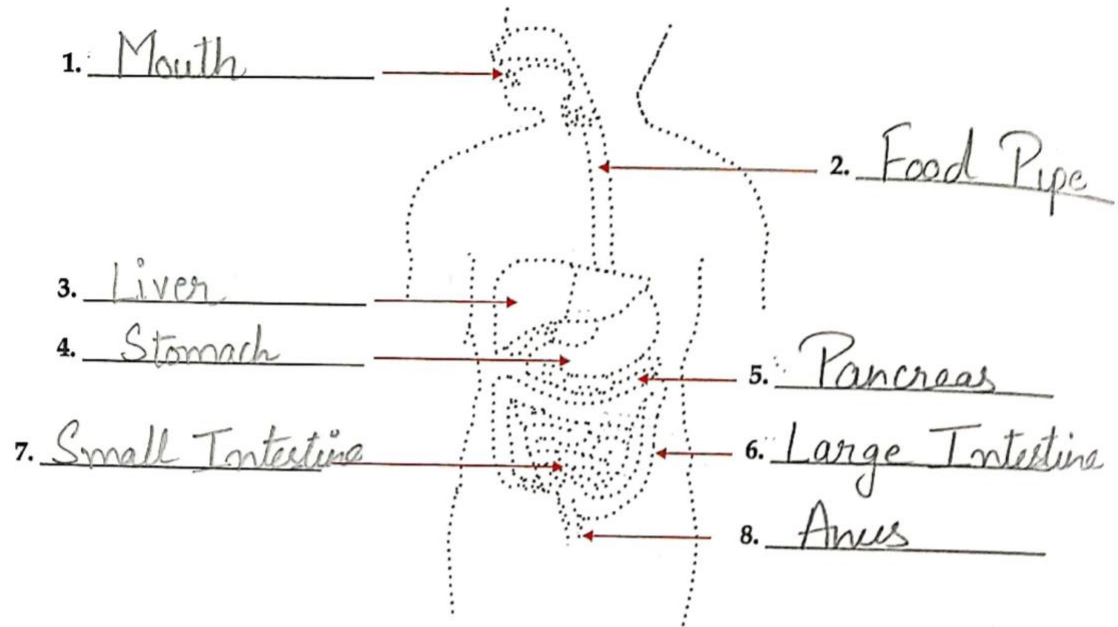
1. French fries chips *apple Fruit*
2. ghee *pulses Protein Rich* oil
3. *eyes sense organ* liver pancreas

#### C Fill in the blanks with the help of the given words:

1. Food passes through the food pipe to reach the stomach. (pancreas/food pipe)
2. Growing children need more proteins in their food. (fats/proteins)
3. Fats give us more energy than carbohydrates. (Minerals/Fats)
4. Salt and oil in pickles act as preservatives. (oil/mango)
5. All cooked foods get spoiled at room temperature after some time. (spoiled/tasty)



- D** Join the dots. Identify the organs labelled in the following picture and write their names in the spaces provided. Also, colour them.



### SECTION - B

**A** Multiple Choice Questions (MCQs) Scientific/Practical skills:

1. A person becomes fatty after eating too much of  
(a) carbohydrates. ☐ (b) roughage. ☐ (c) ☒ junk foods. ☐
2. Germs present in the food can be killed by  
(a) ☒ cooking. ☐ (b) digestion. ☐ (c) exercise. ☐

**B** Very Short Answer Questions:

1. Where do we get energy from? We get energy from the food we eat.
2. Name a method of food preservation. Refrigeration
3. Which organ produces bile? Liver.

**C** Short Answer Questions:

1. How does saliva help in digestion of food?
2. What is digestion?
3. What is food preservation?
4. Why do we cook food?
5. During dinner, Manisha always serves water to everybody in the family.  
(a) How many glasses of water should we drink daily?

(b) What value do we learn from Manisha?

(Value Corner)

**D Long Answer Questions:**

1. What is a balanced diet? Why should we have a balanced diet?
2. Briefly describe the process of digestion.

**E Think And Answer:**

1. Rahul is suffering from constipation. His grandmother suggests him to eat a lot of salad and fruits. How will that be helpful?
2. Pinki's mother always keeps the vessel with milk in the refrigerator. One day, she forgot to do so. Pinki observed that the milk became like curd next day. Why?



## Activity

### Group Activity/Project

Collect the labels from jars containing pickle, sauce, ketchup, etc. Read the names of preservatives written on them. Stick these labels in your scrapbook.

### Group Discussion

Discuss in the class: 'Nutritional value of different types of Indian foods'



## Little Scientist

Plan a weekly balanced diet chart for yourself.

## Life Skill

Every packed food item has its manufacturing date printed on its label. It also has a date ('best before') which tells till when it can be consumed.

Next time, you go to buy any food item, check the date and do not buy if the 'best before' date has been passed away.



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