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STD-4 SUBJECT-SCIENCE

CHAPTER-1 Human Body- Food we eat

Exercises (Model answers Pg. No. 17)

Objective type questions

[A] Choose the correct options

1. (a) Banana
2. (d) Egg
3. (c) Almond
4. (a) Banana
5. (c) Fibre

[B] Choose the correct word to fill in the blank

1. Sugar
2. Orange
3. Vitamin D
4. Water
5. Balanced diet

[C] Write True and False

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

[D] Give two examples of the following

1. Energy giving food – rice, wheat, corn, potato, sugar
2. Body building food – fish, egg, milk, nuts, pulses
3. Sources of fat – butter, ghee, oil, nuts, cheese
4. Food rich in Vitamin K – leafy green vegetables, cabbage, milk
5. High fibre food – whole grains, fruits, vegetables

Subjective type questions (Pg. No. 18)

[E] Answer the following questions.

Ans1. A diet that contains all the essential nutrients- carbohydrate, fats, proteins, vitamins and minerals in the correct amount is called balanced diet. It also includes roughage and sufficient amount of water.

Ans2. Some food items that are rich sources of fat are- butter, ghee, oil, cheese, peanuts.

Ans3. There are two types of carbohydrate rich food-

1. Starch- eg: potato, rice, wheat and corn.
2. Sugar-eg: banana, grapes, pineapple, orange, mango.

Ans4. A protein rich food is different from carbohydrate rich food because protein builds, maintains, and replaces the tissues in our body while carbohydrate gives energy to work, play and do other activities.

Ans5. If a person eats a lot of fat rich food in the diet it may lead to obesity or being overweight. It may further lead to other severe health problems such as heart disease.

[F] Answer the following questions in detail.

Ans1. Roughage and water are important part of our diet even though they lack nutrients because-

1. It helps other food pass easily through the digestive system and thus supports digestion.
2. It helps in the smooth excretion of waste from the body by preventing constipation.
3. A high fibre diet may also help to maintain proper weight.

Ans2. It is important to eat a balanced diet as it helps us to stay healthy and fit because it contains all the essential nutrients- carbohydrates, fats, proteins, vitamins and minerals in the correct amounts. It also includes roughage and sufficient amount of water. Roughage keeps the digestive system clean and helps in the removal of waste materials from our body. Water also helps in digestion and elimination of waste.

Q Match the nutrients with its use in the body. [Pg: 20]

(Straight matching)

- a. Vitamin A – iii maintain good vision.
- b. Calcium – i Strong bones and teeth.

