

Unit 4 - Science in Everyday Life

Class: IV

Subject: Science

I. Choose the correct answer.

1. Primary source of energy for the young ones of some animals is
a) Water b) fruits **c) milk**
2. Vitamin present in milk that helps us to maintain our bones is
a) Vitamin-E b) Vitamin-C **c) Vitamin-D**
3. One of the ancient food items made by human is
a) noodles b) cake **c) bread**
4. _____ is a raw food.
a) Cucumber b) Chappatti c) Bread
5. A gadget that plays songs is called _____
a) pen drive b) camera **c) music player**

II. Fill in the blanks.

1. Cheese and paneer are made from Milk.
2. Nutrients are made ready for digestion by Cooked food .

III. Match the following.

- | | | | |
|-------------------|---|-----------------------------|---|
| 1. Music player | - | Communicates with the world | 2 |
| 2. Smart phone | - | Stores data | 4 |
| 3. Electric torch | - | Play games | 5 |

- | | | |
|--------------|------------------|---|
| 4. Pen drive | - Provides light | 3 |
| 5. Tablet | - Plays music | 1 |

IV. Answer in a sentence or two.

1. Name the food products derived from milk.

- i) Curd, butter, butter milk and ghee
- ii) Cheese, paneer and milk sweets
- iii) Ice cream and Chocolates

2. Write the names of any three baked foods.

Bread, Biscuit and Cake

3. In what ways a smart phone will help you?

Apart from communication, smart phones have the ability to access the internet and store files, take photos, track location and much more.

4. What is food?

Food is one of the basic needs of our life. Food provides energy. It is usually made by cooking plants or animals. It contains essential nutrients to keep our body healthy.

V. Answer in detail.

1. Cooking removes harmful microbes. Write down other benefits of cooking

Cooking causes many useful changes in food.

1. It makes nutrients ready for digestion.

2. It helps to make food in the desired texture, flavor and taste.
3. It destroys harmful microbes.

2. Why should we drink milk?

1. It strengthens bones and teeth.
2. It maintains blood pressure.
3. It reduces the risk of heart disease.

Book Insides

I. Answer the following Question.

1. Milk is a rich source of _____. (Calcium / Iron)
2. Milk contains **Protein**, **Fat** and **Carbohydrate**.
3. **Fruits**, **Carrots** are examples of raw food.
4. **Rice**, **Bread** are examples of cooked food.
5. Bread is _____ (low / high) fat food.
6. Biscuits are made from _____ (Wheat flour / rice flour).
7. _____ is associated with birthday celebrations (cake / biscuit).

II. Write the names of the given gadgets



- Ans: 1. Camera.
2. Head phone.
 3. Remote
 4. Speaker.
 5. Web cam

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