

CLASS-4

SUB- SCIENCE

DATE – 11.05.2020

CH-1, FOOD WE EAT:



*Food is any substance consumed to provide nutritional support for an organism. Food has essential nutrients, EGGS such as carbohydrates, fats, proteins, vitamins, or minerals.*

**TYPES OF NUTRIENTS:-PROTEINS-** NUTRIENTS THAT HELP TO BUILD NEW CELLS IN OUR BODY AND REPAIR THE DAMAGED CELL OF OUR BODY. THEY ARE CALLED **BODY – BUILDING NUTRIENTS.**

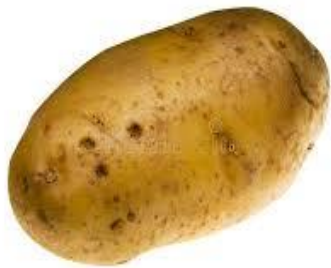


**EGGS**



**PULSES**

*CARBOHYDRATES AND FATS:- PROVIDE ENERGY TO WORK,PLAY,STUDY. A PERSON WHO DOES A LOT OF PHYSICAL LABOUR ALSO NEEDS MORE CARBOHYDRATES.FATS ARE STORED IN THE BODY FUTURE USE AND HELP TO KEEP THE BODY WARM.SO THEY ARE ALSO CALLED **ENERGY-GIVING NUTRIENTS.***



*POTATO*



*RICE*

***VITAMINS AND MINERALS**-NUTRIENTS OUR BODY REQUIRES ONLY IN SMALL AMOUNTS,YET THEY ARE ESSENTIAL AS THEY HELP OUR BODY TO WORK PROPERLY AND FIGHT DISEASES.THEY ARE CALLED **PROTECTIVE FOOD.***



*CARROT*



*SPINACH*

**Balanced diet**- A diet that contains the right amount of all the nutrients along with adequate quantities of roughage and water is called a balance diet.



## FOOD PYRAMID



WATCH THE VIDEO LINK IN YOUTUBE TO GET MORE INFORMATION ABOUT THE CHAPTER IN DETAILS :-[youtube.com/watch?v=9YiJj10yqp0](https://www.youtube.com/watch?v=9YiJj10yqp0)

## IMPORTANT TERMS TO BE KNOWN:-

- i. Nutrients- Nutrients are substances obtained from food and used in the body to promote growth, maintenance and repair of damage body cells.
- ii. Roughage- Roughage is the fibre in the food which cannot be digested but helps in the removal of undigested food from our body.
- iii. Balanced diet- A diet that contains the right amount of all the nutrients along with adequate quantities of roughage and water is called a balance diet.
- iv. Proteins – Nutrients that help to build new cells in our body and repair damage cells.
- v. Calcium – An essential mineral to form healthy bones and teeth.
- vi. Iron – An essential mineral needed for making blood.

ANSWER THE FOLLOWING QUESTIONS : - (WRITE IN COPY USING BLACK BALL PEN)

Q1. Are the food requirements same for all human beings? Explain with two examples.

Ans. The food requirements are not same for all human beings. It depends upon gender, age etc. A growing child needs more carbohydrates and proteins which help to get energy and grow well. While an old person needs less carbohydrates and proteins due to less activities.

Q2. Why should roughage be included in our diet?

Ans – Roughage should be included in our diet because it –

- a. regulates digestion.

b. maintains blood sugar and cholesterol.

c. aids in weight management.

d. disease prevention.

e. helps in getting rid of undigested food.

Q3. Why is water essential for the body?

Ans – Water is essential for the body because:-

a. It helps to digest food.

b. It regulates our body temperature.

c. It helps to create saliva.

d. It helps to excrete in the form of sweat, urine and faeces.

e. It prevents constipation.

**HOME WORK – LEARN THE IMPORTANT  
FACTS AND Q/A**

**TUHINA MAM AND NILANJANA MAM**