

**CHRIST CHURCH SCHOOL
WORKSHEET 1 ANSWER KEY**

Name : _____

Roll No : _____

Subject : SCIENCE

Date : _____

STD 4 : A B C D E F G

TOPIC: FOOD WE EAT

I Fill in the blanks:

- 1 Complex carbohydrates are also called **starches**.
- 2 **Unsaturated** fats are good or healthy fats.
- 3 **Roughage** is also called dietary fiber.

II Match the column:

A

- 1 Protein
- 2 Refined flour
- 3 Saturated fats
- 4 Raise in sugar level

B

- a)Heart disease
- b)Egg
- c)Diabetes
- d)Maida

Ans (1- b) , (2- d) , (3 -a) , (4 -c)

III Name the following:

1. Name 2 types of fats.

Ans: Unsaturated and saturated fats.

2. Name one protein rich food.

Ans Egg.

IV Short notes:

1 Complex Carbohydrates.

Ans: Complex carbohydrates are also called starches. It is present in rotis, chapatti, paratha, rice, brown bread etc. Unlike simple sugars, most of the complex carbohydrates are good for health.

2 Saturated fats

Ans: Saturated fats are found in red meat and animal fats like butter, cheese, cream etc. Consumption of saturated fats may lead to heart diseases.

IV Answer the following:

1 What is a balanced diet?

Ans: A balanced diet contains adequate amounts of all required food groups such as protein, fats, carbohydrates, vitamins, minerals and fiber.

2 What can each one of us do to reduce food wastage?

Ans: a) Buy only what you need.

b) Cereals and pulses that we buy, should be stored in an air tight container.

c) Serve small portions and finish what is on the plate.

d) Give away food that you may not require.

e) Use the food bought before they reach the expiry date

