

Assignment:-5 Subject: - Science Class:-IV Teacher:-Mrs. Neena Gupta

Name:-_____ Class & Sec.:-_____ Roll No.:-_____ Date:-

Lesson: 5(Our body- Food and Digestion)

Answer the following: -

Q.1) Name the different components of food.

Ans:- Different components of food are: -

- i) Carbohydrates**
- ii) fats**
- iii) Proteins**
- iv) Vitamins**
- v) Minerals**
- vi) Roughage**

Q.2) You need to drink 6-8 glasses of water every day. Why?

Ans.:- Water forms three fourth of our body - weight. It removes waste from the body - in the form of sweat and urine. It maintains the body temperature and balance of - Fluids in our body.

Q.3) Where does the process of digestion start?

Ans.:-Digestion of food starts in the mouth.

Q.4) What happens to the food in the stomach? What happens to the undigested food?

Ans.:-

- **The stomach churns the food into a fine paste. The walls release digestive juices, which mix well with food and break down into simpler form.**
- **The undigested food is passed into the large intestine.**

Q.5) What are the various methods of preserving food? Give one example of each.

Ans.:- Various methods of preserving food are:

- Freezing - Cooked food is kept in refrigerator.**
- Boiling - boiling milk does not spoil**
- Salting-pickles or fish**
- Sweetening - Jams, jellies, murabbas**
- Dehydration - Sun dried example - Papads**
- Canning- put in airtight Cans : example - Sea food , dairy Products**