

# Doon Public School- Bhuj

## Worksheet

**Class: IV**

**Sub: Science**

**Chapter 1: Food and Health**

### **A. MCQS**

1. Which of the following vitamins is prepared in our body with the help of sunlight  
a) Vitamin A  
b) Vitamin B  
c) Vitamin D  
d) Vitamin K
2. Which of the following is the best method to kill germs present in water  
a) Boiling of water  
b) Keeping water in container without lid  
c) Covering the vessel with a lid  
d) Adding sugar to water
3. Proteins are broken into simple substances in the  
a) Mouth  
b) Stomach  
c) Large intestine  
d) Small intestine
4. Growing children need more \_\_\_\_\_ containing food  
a) Carbohydrate  
b) Fat  
c) Protein  
d) Mineral
5. In the large intestine \_\_\_\_\_ is absorbed.  
a) Fats  
b) Water  
c) Blood  
d) Proteins
6. Digestion is completed in the  
a) Large intestine  
b) Small intestine  
c) Stomach  
d) Food pipe
7. Undigested solid waste excreted through  
a) Kidney  
b) Anus  
c) Skin  
d) Large intestine
8. Which food is digested easily?  
a) Raw food  
b) Staple food  
c) Ordinary food  
d) Cooked food



## Answers Key

### **A. MCQ'S**

1. C
2. A
3. D
4. C
5. B
6. B
7. B
8. D
9. B
10. A
11. D
12. C

### **B. Fill ups**

1. Proteins
2. Carbohydrates
3. Fat
4. Anus
5. Bile
6. Starch, Sugar
7. Mouth
8. Roughage
9. Protective food
10. Fats
11. Starch, Sugar
12. Protein
13. Balance diet

### **C. True / False**

1. F
2. F
3. T
4. T
5. T