

Class: IV

Formative Assessment - I

Sub: Science

marks: 25

I. Answer any FIVE of the following questions. 5 x 2 = 10

1. How does water help our body?
2. What is food preservation?
3. Why is roughage an important part of our diet?
4. What is a balanced diet?
5. Why should we chew the food well?
6. Describe the process of digestion.

II. Choose the correct answer. 2 ½ Marks

1. Salads give us a lot of []
a) Vitamins b) Roughage c) Water
2. Eggs are rich in []
a) Vitamins b) Carbohydrates c) Proteins
3. Junk foods contain too much []
a) fats b) proteins c) minerals
4. Cooking makes our food. []
a) tasty b) tasteless c) sour
5. digested food is absorbed by the []
a) stomach b) large intestine c) blood vessels

III. Fill in the blanks. 2 ½ Marks

1. Pancreas produces juices that help to digest ____ (proteins / fats)
2. Growing children need _____ in their food. (fats / proteins)
3. All cooked foods get _____ at room temperature after sometime. (spoil / tasty)
4. The blood vessels absorb _____ food (undigested / digested)
5. _____ give us more energy and heat than carbohydrates (minerals / fats)

IV. Draw the following diagrams. 5 Marks

1. Draw the human digestive system.

V. Project work. 5 Marks