



BCM SCHOOL, BASANT AVENUE, DUGRI

SESSION 2025-26

CLASS - IV

SCIENCE ASSIGNMENT

TOPIC -FOOD WE EAT / ADAPTATION IN ANIMALS.

I. Name all the nutrients and other essential things that our body requires in the circles given below..

Ans.1 Carbohydrates, Fats , Vitamins, Minerals, Proteins,Water, Roughage or Fibre.

II. Give two examples of food that contain the following nutrients .

1. Energy giving food – **rice , potato**
2. Body building food – **pulses ,fish**
3. Vitamins - **orange , milk**
4. Fats - **butter , ghee**
5. Minerals - **spinach , beans**
6. Roughage - **whole grains, fruits**

III. According to a survey, an estimated one third of all food is lost or wasted worldwide. Also more than 800 million people are under nourished in the world.

Suggest some ways that you can adopt to reduce food wastage .

Ans. Buy only required amount of food. Do not take too much of food on your plate at a time and keep the food items covered.

IV. CASE STUDY

Kevin is nine years old boy who enjoys playing football and videogames. He eats three meals a day and often snacks between meals.

KEVIN'S DAILY MEAL :

- Breakfast: Sugary cereals with milk
- Lunch : French fries and cold drink
- Snacks: Chocolate bar
- Dinner: Pizza with extra cheese

Read the above lines and answer the following questions.

Q.1. Is Kevin's diet balanced ? Why or Why not?

Ans. No, because he eats lot of junk food ,no fruits and vegetables are included and no healthy food are there in the diet.

Q.2. What healthy foods can Kevin include in his meal?

Ans. He should have more healthy food options like fruits and vegetables, pulses, cereals, milk.

Q.3. Why is it important to eat fruits and vegetables daily?

Ans. It is important to have fruits and vegetables daily as they provide roughage or fiber which supports digestion and help in removal of waste from our body .

V. Multiple choice questions

1. Percentage of water in cucumber is **96%**

a) 91%. b) 92%. c) 94%. d) 96%

2. Going to far off places to escape the cold winter and returning in summer is called-
migration

a) migration. b) hibernation. c) both. d) none of these

VI. Distinguish between arboreal and aerial animals. Draw and label one example of each.

Ans. Arboreal animals- Animals that usually spend their life on trees. eg. monkey , squirrel

Aerial animals- Animals that usually fly in the .e.g.. bats . birds

VII. Give reason.

1. Rahul is suffering from constipation. His grandmother suggests him to eat a lot of salad and fruits. How will that be helpful?

Ans By having lots of fruits and vegetables he will have enough fibre or roughage which helps in digestion and removal of waste.

2. Teeth of herbivores are strong, broad and flat. Why?

Ans. Teeth of herbivores are strong, broad and flat because strong broad and flat teeth help the animal to bite and chew the grass and leaves easily.

VIII. Define

1. Habitat – **Natural home of an animal**

2. Nutrients- **Substances in food essential for the proper growth and functioning of the body.**