Class 4 EVS Worksheet – Set A

Where Do We Get Food From?

Name: _____ Class: 4 Date: _____

A. Multiple Choice Questions

Tick (✓) the correct option.

1. Which of the following is a root that we eat?
   (a) Cabbage **(b)** Beetroot **(c)** Potato **(d)** Cauliflower
2. Almond and cashew are fruits that are eaten as _____.
   (a) nuts **(b)** pulses **(c)** spices **(d)** cereals
3. Which of these is a cereal?
   (a) Moong **(b)** Pea **(c)** Wheat **(d)** Chickpea
4. Parts of plants that are added to food for flavour are called _____.
   (a) spices **(b)** cereals **(c)** pulses **(d)** nuts
5. We get tea from _____.
   (a) coffee beans **(b)** tea leaves **(c)** cocoa seeds **(d)** mustard seeds
6. Which of these is a milk product?
   (a) Honey **(b)** Egg **(c)** Ghee **(d)** Oil
7. Food items rich in carbohydrates are called _____ foods.
   (a) body-building **(b)** energy-giving **(c)** protective **(d)** junk
8. Milk and milk products are a rich source of _____.
   (a) iron **(b)** iodine **(c)** calcium **(d)** vitamin C
9. A person who sells vegetables and fruits in a shop is called a _____.
   (a) grocer **(b)** wholesaler **(c)** greengrocer **(d)** farmer
10. The process of digging the soil to plant seeds is called _____.
    (a) irrigation **(b)** ploughing **(c)** harvesting **(d)** packing

B. Fill in the Blanks

Fill in the blanks with the correct word.

1. Tomato is a _____ but it is often eaten as a vegetable.
2. Spinach and cabbage are examples of _____ that we eat.
3. Pulses are found inside _____.
4. Oil is made by crushing the seeds of mustard, sunflower and _____.
5. Chocolate is made from _____ seeds.
6. We get honey from _____.
7. Proteins are needed for growth and for building _____.
8. Lime and oranges are good sources of vitamin _____.
9. A _____ sells grocery items such as sugar, salt, flour and oil.
10. Students at a boarding school eat together in a dining hall called a _____.

C. True or False

Write T for true and F for false in the box ( ).

1. Beetroot and radish are examples of roots that we eat. ( )
2. Cauliflower is a stem. ( )
3. Rice, wheat and maize are pulses. ( )
4. Coffee is made from coffee beans. ( )
5. We get eggs from birds such as hens and ducks. ( )
6. Fats give less energy than carbohydrates. ( )
7. Green vegetables are rich in iron. ( )
8. Farmers sell their produce directly to retailers. ( )
9. A langar is served free to people. ( )
10. Water is a beverage. ( )

D. Match the Following

Match the items in Column A with Column B. Write the letter in the bracket.

Column A	Column B
1. Beetroot ( )	A. Pulse
2. Ginger ( )	B. Root
3. Pumpkin ( )	C. Gives us eggs
4. Moong ( )	D. Spice
5. Cumin ( )	E. Stem
6. Sunflower ( )	F. Rich source of fats
7. Cow ( )	G. Oilseed
8. Hen ( )	H. Fruit eaten as a vegetable
9. Ghee ( )	I. Source of vitamin C
10. Orange ( )	J. Gives us milk

E. Answer in Two Lines

1. What is a nut?

2. What are cereals?

3. What is flour used for?

4. Name two spices.

5. What is a beverage?

6. Name two milk products.

7. What are nutrients?

8. Why do we need vitamins and minerals?

9. What is irrigation?

10. What is a feast?

F. Write Short Notes

Write 4 or 5 points for each. Give examples from the book.

1. Write short notes on: Food from plants

2. Write short notes on: Food from animals

3. Write short notes on: Carbohydrates

4. Write short notes on: How does food reach us?

5. Write short notes on: The Midday Meal Scheme

G. Give the Answer in One Word

Read the meaning and write the correct term.

1. Food grains are ground to make this, which is used to make bread.

2. Food items that are made from milk are called _____.

3. Foods that are rich in carbohydrates are called _____.

4. Foods that are rich in proteins are called _____.

5. Foods that are rich in vitamins and minerals are called _____.

6. The practice of supplying land with water so that plants can grow.

7. A chemical used to kill harmful insects and other unwanted organisms.

8. A person who buys produce from farmers in big quantities in a mandi.

9. A shopkeeper who buys produce in small quantities and sells it to us.

10. When a large group of people eat together, it is called _____.

ANSWER KEY – Set A (Class 4 EVS)

A. Multiple Choice Questions

Q.	Answer	Q.	Answer
1	(b) Beetroot	6	(c) Ghee
2	(a) nuts	7	(b) energy-giving
3	(c) Wheat	8	(c) calcium
4	(a) spices	9	(c) greengrocer
5	(b) tea leaves	10	(b) ploughing

B. Fill in the Blanks

Q.	Answer	Q.	Answer
1	fruit	6	beehives
2	leaves	7	muscles
3	pods	8	C
4	coconut	9	grocer
5	cocoa	10	mess

C. True or False

Q.	Answer	Correct statement / reason
1	True	—
2	False	Cauliflower is a flower.
3	False	They are cereals.
4	True	—
5	True	—
6	False	Fats give more energy than carbohydrates.
7	True	—
8	False	Farmers sell the produce to a wholesaler in a mandi.
9	True	—
10	False	Any drink except water is a beverage.

D. Match the Following

Column A	Answer	Column A	Answer
1. Beetroot	B – Root	6. Sunflower	G – Oilseed
2. Ginger	E – Stem	7. Cow	J – Gives us milk
3. Pumpkin	H – Fruit eaten as a vegetable	8. Hen	C – Gives us eggs
4. Moong	A – Pulse	9. Ghee	F – Rich source of fats
5. Cumin	D – Spice	10. Orange	I – Source of vitamin C

E. Answer in Two Lines

1. A nut is a dried fruit that grows in a hard shell and can often be eaten. Almond and cashew are nuts.

2. Cereals are plants grown to produce food grains. Rice, wheat, maize, barley and jowar are cereals.

3. Some food grains are ground to make flour. Flour is used to make bread.

4. Cloves and cardamoms. (Cinnamon, mustard and cumin are also spices.)

5. Any type of drink, except water, is called a beverage. Tea and coffee are examples.

6. Butter and cheese. (Ghee and curd are also milk products.)

7. Nutrients are the substances needed by the body for energy, health and growth. Carbohydrates, proteins, fats, vitamins and minerals are nutrients.

8. They protect us from falling ill. We need them in small quantities but they are essential to stay healthy.

9. Irrigation is the practice of supplying land with water so that plants can grow.

10. A feast is a large or special meal prepared to celebrate a festival.

F. Short Notes (model answers)

1. Food from plants

1) We get fruits, vegetables, cereals, pulses, spices and oil from plants.
2) Fruits: apple and mango are fleshy fruits; almond and cashew are eaten as nuts.
3) Vegetables: roots (beetroot, radish), leaves (spinach, cabbage), stems (potato, ginger), flower (cauliflower).
4) Cereals and pulses: rice, wheat, maize are cereals; moong, chickpea, pea are pulses.
5) Spices (cloves, cumin) and oil (from mustard, sunflower, coconut) also come from plants.



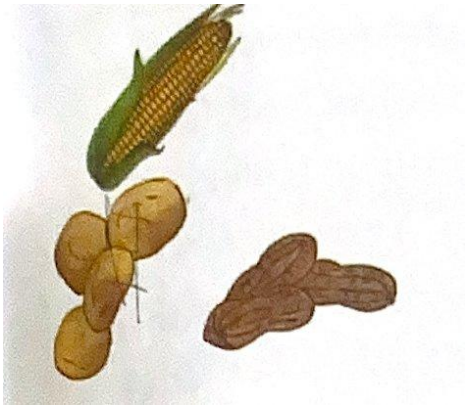
Picture from the book: Food grains

2. Food from animals

1) We get milk from cows, goats and buffaloes.
2) Milk is used to make butter, cheese, ghee and curd. These are called milk products.
3) We get eggs from birds such as hens and ducks.
4) We get meat from animals such as chicken and fish.
5) We get honey from beehives.

3. Carbohydrates

1) Carbohydrates are nutrients that give us energy.
2) Cereals, sugar and vegetables such as potatoes are sources of carbohydrates.
3) Food items rich in carbohydrates are called energy-giving foods.
4) Examples: rice, wheat, maize (corn), potato, sugar.
5) Picture: 'Sources of carbohydrates' (maize cob and potatoes).



Picture from the book: Sources of carbohydrates

4. How does food reach us?

1) Farmers produce grains, vegetables and fruits.
2) A farmer ploughs the soil, plants seeds, adds manure and fertilisers, irrigates the field and sprays pesticides.
3) When the crop is ripe, the farmer harvests (cuts) it.
4) The produce is sold to a wholesaler in a big market or mandi and is carried in trucks or trains.
5) Retailers buy in small quantities and sell to us in shops.



Picture from the book: A farmer ploughing a field

5. The Midday Meal Scheme

1) It was started by the Government of India in government schools.
2) It gives healthy food every day to students who cannot afford to bring a healthy meal to school.
3) Advantage 1: children get fresh and healthy food to eat.
4) Advantage 2: there is a decrease in the number of child labourers.
5) Advantage 3: children are encouraged to go to school and get basic primary education.

G. Give the Answer in One Word

Q.	Answer	Q.	Answer
1	flour	6	irrigation
2	milk products	7	pesticide
3	energy-giving foods	8	wholesaler
4	body-building foods	9	retailer

Q.	Answer	Q.	Answer
5	protective foods	10	community eating