

DR. M.K.K. ARYA MODEL SCHOOL

HOLIDAYS HOMEWORK

CLASS – IV

SUBJECT – SCIENCE

1. Learn chapter looking around, 1, 2, 3, and 4 with assignment.
2. Read chapter 5 and 6 and frame questions with answers on A-4 size sheet.
3. In science practical file, paste pieces of cloth of different materials and write from what type of fibres they are made up of? (natural or synthetic fibre)
4. Paste five pictures of sources of carbohydrates, proteins, fats, vitamins, minerals in science practical file.
5. Draw the diagram of digestive system in science practical file and describe the process of digestion.
6. Prepare the following topic for science talk –
 - Section A – Healthy food v/s (versus) Junk food.
 - Section B – Importance of trees.
 - Section C – Eating well for good health.
 - Section D – Human contribution in keeping Earth clean and green.
 - Section E – Environmental pollution.
7. Find out the answers of following questions and write in a separate notebook.
 - a. Which component of food is not present in milk?
 - b. Read the items of food listed below. Classify them into carbohydrate rich, protein rich and fat rich food items and fill them in the given table.

Moong dal, fish, mustard oil, sweet potato, milk, rice, egg, beans, butter, butter milk, cottage cheese, peas, maize, white bread.

Carbohydrate rich food item	Protein rich food item	Fat rich food item

- c. Tasty food may not always be nutritious and nutritious food may not always be tasty to eat. Comment with examples.
- d. Siya avoids eating vegetables but likes to eat biscuits, noodles and white bread. She frequently complains of stomachache and constipation. What are the food items that she should include in her diet to get rid of the problem? Give reason for your answer.
- e. ‘Water does not provide nutrients, yet it is an important component of food’. Explain.
- f. Why patients are given glucose solution?
- g. Who should eat more carbohydrate rich food items: a labourer or a judge? Why?
- h. Why is it important to reduce pollution? Write any five ways in which you can help to reduce pollution.

- i. Name the liquid present in mouth which when mixes with the food helps in digestion?
- j. Why should we eat a balanced diet?
- k. What are the functions of different vitamins? Make a list.
- l. What is the other name of food pipe?
- m. What happens to food in the small intestine?
- n. Name the organ in which wastes are formed.
- o. Name the part of the digestive system through which wastes is removed from the body.
- p. How some microbes are useful and some are harmful?
- q. Your little sister wants to eat only junk food throughout the day. Is this good for her? Why or why not?
- r. Why woolen and silk clothes need a lot of care?
- s. In which season you prefer to wear cotton clothes? Give reason.
- t. Classify the following as solid, liquid and gas
 - Dough
 - Juice
 - Oil
 - Air
 - Oxygen
 - Marble
- u. Identify the solute and solvent in
 - Salty solution
 - Sweet milk
- v. Classify the following as soluble and insoluble substance
 - Sand
 - Sugar
 - Chalk
 - Salt
 - Stones
 - Glucose
- w. Give two examples each of solid, liquid and gas from your environment.
- x. Minerals and vitamins are needed in very small quantities by our body as compared to other components of food, yet they are an important component of balanced diet. Explain the statement.
- y. Collect different substances such as sand, sugar, salt, tea leaves and flour. Identify whether these are solids or liquids. Also check whether they are soluble in water or not.

Items	State of matter	Soluble / Insoluble
Sand		
Sugar		
Salt		
Tea leaves		
flour		