



Uttam School for Girls
Grade IV Block 12
Science Revision Worksheet

Q.1 Complete the table

Food group	Nutrient	Food Items

Q.2 Which food group is most important and why?

Q.3 What is a balanced diet? How can food pyramid help us to plan a balanced meal for us?

Q.4 What do we call a person who plans a balanced diet for us in the hospitals?

Q.5 Why does a rickshaw puller need to eat more chapattis than a bank manager?



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Q.1 Potato is a vegetable but sometimes it is also put in the grains and cereals group. Why?

Q.2 What is the difference between starch and sugar?

Q.3 Name a dish that has both starch and protein.

Q.4 Apples, banana, ladyfinger and cucumber do not contain carbohydrates, fats and proteins, then why is it important to eat these food items? What do they give us?

Q.5 Name some snacks that contain vitamins and minerals.

Q.6 Vineet was suffering from constipation. His mother gave him 2 spoons of Isabghol husk with hot water. Which nutrient did it give Vineet? How will it help him in constipation?

Q.7 How do the following nutrients help us?

Nutrient	Function
Carbohydrate	
Proteins	
Vitamins and Minerals	
Fats	
Roughage	
Water	



Uttam School for Girls
Grade IV Block 14
Science Revision Worksheet

Q.1 What are the processes involved making sea water drinkable?

Q.2 What is water scarcity? Give any three reasons of water scarcity on earth.

Q.3 What are the effects of water scarcity on

a) Farmers

b) Wild animals

c) Slum dwellers

Q.4 Suggest ways to reduce the use of water in schools.

Q.5 How can we make drinking water clean?

Q.6 How can we keep drinking water clean?



Uttam School for Girls
Grade IV Block 15
Science Revision Worksheet

Q.1 Give 3 examples of filtration in daily life.

Q.2 How does filtration clean water?

Q.3 When should you filter muddy water, before or after sedimentation and decantation?

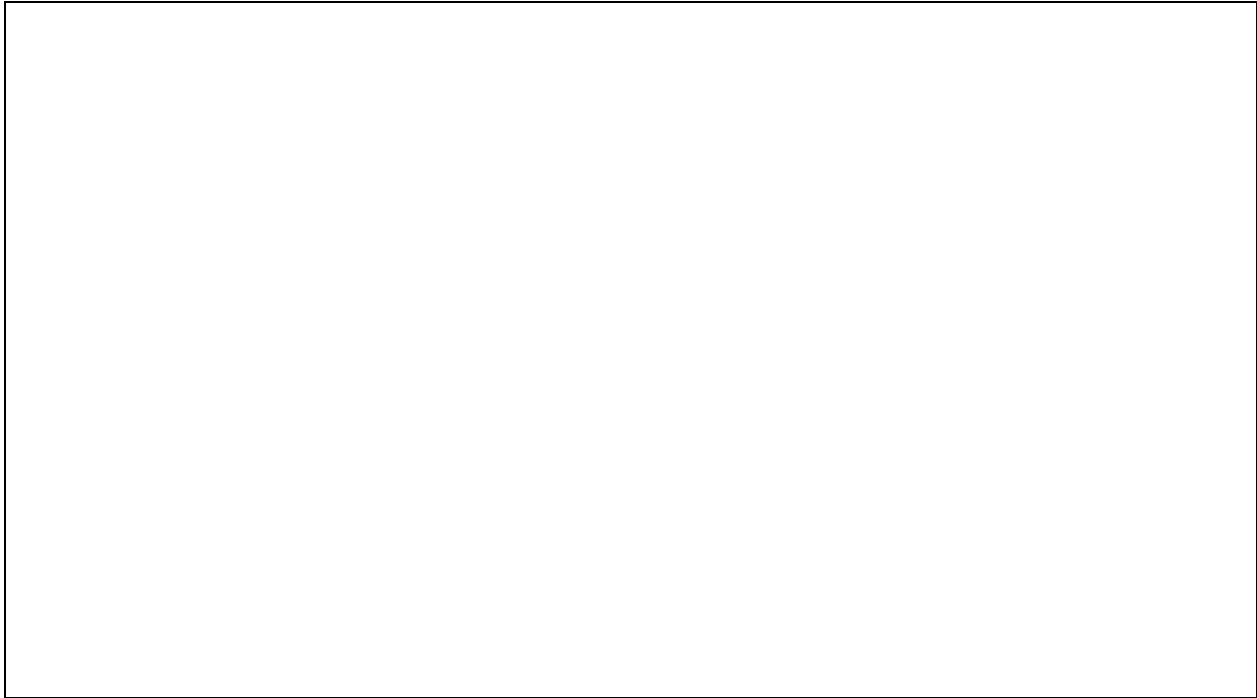
Q.4 Which impurities cannot be removed from water by filtration or sedimentation and decantation? What should we do to remove them from water?

Q.5 Why do we boil milk?

Q.6 Why do municipalities use chlorination instead of boiling to clean water?

Q.7 Explain the process by which water that collects under the earth becomes clean?

Q.8 Draw a diagram to show decantation and filtration together.





Uttam School for Girls
Grade IV Block 16
Science Revision Worksheet

Q.1 Explain the process of evaporation.

Q.2 What is condensation?

Q.3 There were 2 lakes, one in Ajmer and one in Amritsar. During summers all the water from the lake in Amritsar disappeared whereas the lake in Ajmer still had lot of water, even when the temperature in both the places was same. Why do you think this happened?

Q.4 What would happen if the water cycle stopped for sometime?

Q.5 Daily rain guage readings in the city of Mathura have been between 2mm to 3mm every day for the last week. In this season, usually the readings in Mathura are below 1mm. Why should the city be concerned?

Q.6 Draw and explain the water cycle.