

Unit 1 Looking after ourselves

Grade 4

Science

1. Match each food and what it has for our bodies.

carbohydrates	Vitamins and minerals
Diary, meat and fish	energy
Fruits and vegetables	protein

2. Write TRUE or FALSE.

- After an exercise, your heart beats faster.
- For keeping healthy, you need to have enough sleep.
- It is good to eat fat, sugar and salt too much.
- A healthy diet gives your body nutrition it needs.
- Carbohydrates should eat most.

3. Fill in the blanks.

Food can be put into ----- groups.

Not drinking enough water can make being -----.

We should brush our teeth ----- going to bed and ----- breakfast.

Too much fat and salt is bad for your -----.

To be healthy, you need a -----, exercise and sleep.

4. Choose the correct answers.

- Most school children need ----- hours of sleep.
a. 7-8 b. 8-9 c. 10-12
- An example of exercise is -----.
a. sleeping b. playing c. reading
- We can only live without ----- for a few days.
a. water b. juice c. food
- are a very important part of a healthy diet.
a. Fruits and vegetables b. snacks c. ice cream

If you eat too much, your body can store food as -----.

- oxygen
- muscles
- fat