

LORD BUDDHA NATIONAL PUBLIC SCHOOL  
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CLASS - 4<sup>th</sup>

SUBJECT - Science

CHAPTER - 1 - Food - Our Basic Need

DATE - 6/4/2020 to 12/4/2020

TOPIC - Food

Food -

Food is usually of plant or animal origin, and contains essential nutrients.

Need of food -

We need food -

- > Get energy.
- > To grow.
- > Keep ourselves fit and healthy.

Nutrients -

Nutrients are compounds in foods essential to life and health providing us with energy.

There are six major nutrients -  
Carbohydrates, Lipids, Proteins,  
Vitamins, Minerals, Water.

Or - A nutrient is a substance used by an organism to survive, grow and reproduce.

## HW

- (1) What is food?
- (2) What is the source of carbohydrates?
- (3) Define nutrients.
- (4) Why do we eat food?
- (5) What is starch?

### (ii) Fats

Like carbohydrates, fats also give us energy. They keep our body warm. Fats give more energy than carbohydrates.

#### Source of fats -

Butter  
Ghee  
Oil  
Cream and  
Cheese

Notes - Fats are called energy giving foods.

Energy giving nutrients -

(i) Carbohydrates -

Carbohydrates are main source of energy. They provide us energy to do lots of work.

Sources of Carbohydrates -

The main source of carbohydrates are -

Wheat

Rice

Potato

Maize

Sugarcane

Notes -

People who do more physical work like sports person, labourers and farmers need more carbohydrates.

Starch is a type of carbohydrate it is made up of long chains of sugar molecules.

Example - Peas, Beans, Grains

### vii) Minerals -

Minerals also help us to stay fit and healthy. They are also needed in very small quantities.

#### Sources of minerals -

Calcium  
Potassium  
Sodium  
Iodine  
Iron

#### Notes -

- > Calcium is needed for healthy teeth and strong bones.
- > Iron helps in formation of blood.

Vitamins and Minerals, both are needed in small amount but their deficiency in body leads to many diseases.

#### Roughage -

Roughage is the fibrous material present in carrot, radish and other fibrous vegetable.

It adds bulk to the food and prevents constipation.

## Body Building Nutrients -

### Proteins -

Proteins help us to grow. They also help to repair damaged tissues of the body.

### Rich sources of proteins -

Eggs  
Fish  
Pulses and  
Milk

## Protective Nutrients -

### i) Vitamins -

Vitamins protect our body from diseases and keep us healthy and strong. We need vitamins in very small quantities.

### Source of vitamins -

Fruits  
Vegetables  
Fish  
Milk

## Balanced Diet -

The diet which contains all the essential nutrients, roughage and water in proper quantities is called a balanced diet.

## Note -

A balanced diet is needed for proper functioning of the body.

## Food Spoilage and Preservation -

Food gets spoilt due the growth of microorganisms like bacteria in it.

We should not eat stale or spoilt food. This can cause various diseases -  
Diarrhoea  
Typhoid  
Cholera

## Food Preservation -

It means to prevent the food items from getting spoilt without affecting its nutritive value.

Water -

Water is essential for the proper functioning of our body. It maintains body temperature and removes waste from the body.

Notes -

Three - fourths of our body weight is water.

H.W.

- (i) What is the sources of carbohydrate?
- (ii) What is body building nutrients. Define it.
- (iii) What is fats?
- (iv) Define - Fibrous nutrients.
- (v) Which nutrient does help in repair of damaged tissues?

Excess sugar and salt do not allow growth of bacteria.

### H.W.

- (i) What is balanced diet?
- (ii) What is food preservation. Write the name - method of food preservation.
- (iii) Define the canning.
- (iv) What is food spoilage?
- (v) Fruits and vegetables are kept in cold storage. Why?



## Some methods of food preservation-

### (i) Refrigeration -

Fruits and vegetables are kept in cold storage. The food kept in a cool place does not get spoiled early. Bacteria do not grow at low temperature. This process is refrigeration.

### (ii) Drying -

Drying is a method of removing water contents from the food. Removal of water contents prevent growth of bacteria.

### (iii) Canning -

Food is sealed in bottles and cans after killing germs in it. This method does not allow growth of microbes for a long time.

### (iv) By adding sugar and salt -

Another method of preserving fruits and vegetables is to make their jams or pickle.