

## **WORK SHEET FOR CLASS 4 SCIENCE**

### **Question 1.**

Name the following:-

- a. Another name for vitamins and minerals. \_\_\_\_\_
- b. Mineral needed for the formation of teeth and bones  
\_\_\_\_\_.
- c. Body building food is known as \_\_\_\_\_.
- d. Substances that is required for our body to get  
energy\_\_\_\_\_.
- e. Name of a vitamin \_\_\_\_\_.

### **Question 2.**

Answer the following questions: -

- a. What do you mean by roughage?

Ans:-

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- b. Define balanced diet.

Ans:-

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