

NEW ERA HIGH SCHOOL, PANCHGANI SCIENCE ASSIGNMENT-3 Class IV	
Time Line	Total 8 days (10 <sup>th</sup> May to 16 <sup>th</sup> May 2020)
TOPIC	Food and Digestion
Objective	<ul style="list-style-type: none"> <li>To know the various nutrients present in food.</li> </ul>
Learning Outcomes	<ul style="list-style-type: none"> <li>To eat nutritious food and follow a well balanced diet</li> </ul>
Activity	<ul style="list-style-type: none"> <li><b>Making a sandwich(under parents guidance)</b></li> <li>Prepare a sandwich using vegetables, butter and any other ingredients.</li> <li>You can also grill the sandwich with the help of your parents.</li> </ul> <p>Click a picture of you with the sandwich and email on <a href="mailto:isha.dave@nehs.in">isha.dave@nehs.in</a> You can now eat your sandwich!!!</p>
Submission	<p><b>Activities:</b> Please ensure that your child completes the activities given in the time allotted and gets the entire collection along physically to school once we reopen. The activities should be solved on a separate sheet/booklet or a separate project as the marks indicated will be included for internal assessment.</p> <p><b>Assignments:</b> Kindly ensure your child completes the given assignment in the same week mentioned. These assignments have to be solved in their own handwriting on a separate new sheet and after completion the scanned copy or an image (clear picture taken on a mobile) to be mailed to the teacher. Kindly take note of the date of submission.</p> <p><b>For Worksheets:</b> Kindly ensure your child completes the given worksheet in the same week mentioned. These worksheets have to be solved in their own handwriting on a separate new sheet and after completion the scanned copy or an image (clear picture taken on a mobile) to be mailed to the teacher. Kindly take note of the date of submission.</p> <p>Also, please ensure the sheet contains the name of your child, his/her class, the name of the subject and the worksheet number. For e.g <b>Name:</b> Aarohi Joshi <b>Class:</b>I <b>Subject:</b> English <b>Worksheet No.</b> 2. The same should reflect in the subject line of your e-mail.</p> <p>Submission date : 16 / 05 / 2020 For any queries you may contact me on <a href="mailto:isha.dave@nehs.in">isha.dave@nehs.in</a> or call on : 9762943101</p> <p>Submission date : 16 / 05 / 2020</p>

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Moral Value	Health is our wealth. We must eat healthy food to live a healthy life.

### Worksheet 3

#### Lesson : Food and Digestion

**I] Answer the following questions in a complete sentence.(refer to the activity)**

1. Which vegetables did you use to make the sandwich?
2. Did you use butter?
3. Which bread did you use? Brown/White.
4. Did you use any chutney ? If yes ,how did you prepare?
5. Is sandwich a healthy snack?

**II] Draw and complete the following table in your notebook.**

**Complete the following table by writing the correct nutrient against the given ingredient.**

**[Carbohydrate, Fat, Vitamins and minerals, Protein]**

	<b>Ingredient</b>	<b>Nutrient present</b>
1	Tomatoes	
2	Cucumber	
3	Potatoes	
4	Bread	
5	Butter	
6	Cabbage(if used)	

- **You can add any other ingredient you used to make the sandwich.**

**III] Write the steps you followed to prepare your sandwich.**

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