

Assignment:-4 Subject: - Science Class:-IV Teacher:-Mrs. Neena Gupta

Name:-_____ Class & Sec.:-_____ Roll No.:-_____ Date:-

Lesson: 5(Our body- Food and Digestion)

Q.1) Define: -

1. **Nutrients**- Which help our body to grow and repair itself.
2. **Balanced diet**- A diet which contains all the nutrients, roughage and water in the right amount for proper functioning of the body.
3. **Preservation** - The process of keeping the food in a way that saves its nutritive value for a long time.
4. **Digestion** - The process of breaking down food into simpler form that body can use.
5. **Saliva** :- The watery and digestive substance present in the mouth