

International Indian School Buraidah
Worksheet for the Academic year 2026-27
Class - 4th Subject-EVS

Chapter # 5 Health and Safety

Q-A Choose the correct options –

1.How many glasses of water should we drink daily?

- (a) 2-3. (b) 4-5. (c) 8-10. (d) 12-14

2.Which of these improves posture and flexibility?

- (a) Swimming. (b) Yoga. (c) Cycling. (d) Cricket

3.Which of the following is an unsafe touch?

- (a) Hug from parents. (b) Pat from teacher
(c) A touch that makes you scared. (d) Handshake from a friend

4. Which programme was launched in 2014 to promote cleanliness?

- (a) Fit India Mission. (b) Clean India Mission (c) Yoga Day (d) Health for all

5.Dengue spreads due to:

- (a) Air. (b) Mosquito bite (c) Dust. (d) Food poisoning

6.To stay safe during an earthquake:

- (a) Run outside. (b) Stand under a tree. (c) Get under a sturdy table(d) Touch electric wires

Q-B. Fill in the blanks with correct words.

1.We must exercise _____ to stay fit and strong.

2.A _____ diet keeps us disease-free.

3.We should sleep _____ hours to stay healthy..

4.Always cross the road at _____ crossing.

5. *Swachh Bharat Abhiyan* was launched on _____

6. Mosquitoes breed in _____ water.

Q-C. Write 'T' for true and 'F' for false statements.

1. Drinking soda daily is good for health. ()
2. Unsafe touch should never be ignored. ()
3. Wearing seat belts while travelling is not necessary. ()
4. Clean surroundings prevent diseases. ()
5. Safety rules protect us from accidents. ()

Q-D In each of the questions given below, there are two statements marked as Assertion (A) and Reason (R). Choose the correct option as per the given codes.

- **(a)** Both Assertion and Reason are true.
- **(b)** Both Assertion and Reason are false.
- **(c)** Assertion is true, but Reason is false.
- **(d)** Assertion is false, but Reason is true.

1. Assertion (A): Clean surroundings prevent mosquito breeding.

Reason (R): Mosquitoes breed in stagnant water.

2. Assertion (A): Drinking soda is healthier than water.

Reason (R): Soda gives more energy than any other food item.

Q-E Name the following

1.The practice that helps to keep our body, mind, and surroundings clean.

2.Two physical activities that help keep us fit and strong.

1._____. 2. _____

3.The item used to remove food particles stuck between teeth.

_____.

4.The type of food that helps to keep us healthy and disease-free.

5.An important hygiene practice to follow before and after eating, and after using toilet.

6.The diseases that can be prevented by eliminating the breeding grounds of mosquito.

Chapter #6 Food and it's Nutrients

Q-A Choose the correct options –

1.Which nutrient is known as “energy-giving food”?

(a) Proteins (b) Carbohydrates (c) Vitamins (d) Minerals

2.Which nutrient helps to build muscles and repair tissues?

(a) Carbohydrates (b) Protein (c) Fats (d) Roughage

3. Bitter taste is found in:

(a) Mango. (b) Neem (c) Jaggery (d) Salt

4. The process of germinating grains to increase nutrients is called:

(a) Cooking. (b) Sprouting. (c) Fermentation. (d) Roasting

Q-B. Fill in the blanks with correct words.

1. _____ is a process that increases the nutrients of foods like pulses.

2. _____ keeps our digestive system healthy.

3. _____ and _____ are examples of protein-rich food.

4. _____ food loses nutrients and should be avoided.

Q-C Write any two examples of foods –

1. Carbohydrates rich food 1. _____ 2. _____

2. Fats rich food 1. _____ 2. _____

3. Proteins rich food 1. _____ 2. _____

4. Vitamins and Minerals rich food 1. _____ 2. _____

5. Junk Food 1. _____ 2. _____

6. Methods of cooking 1. _____ 2. _____

7. Methods of enhancing the nutrition in food. 1. _____

2. _____

Q-D Write the answers of the following Questions-

Q-1 What are the another name of carbohydrates?

Q-2 What are the another name of Proteins?

_____.

Q-3 What are the another name of Vitamins and Minerals?

_____.

Q-4 What are balanced diet food?

Q-E Case study based Question -

Riya eats mostly chips, burgers, and sweets. She often falls sick and feels tired. Her doctor advised her to eat fruits, vegetables, and home-cooked meals.

1. Why is Riya often sick?

2. Which nutrients are missing from her diet?

3. How can a balanced diet improve her health? Suggest two changes Riya can make in her food habits.
