

WELCOME TO THE ONLINE CLASS

SESSION NO.: 2

CLASS: 4

SUBJECT: SCIENCE

CHAPTER NUMBER: 1

CHAPTER NAME: FOOD AND DIGESTION

**SUB TOPIC: INTRODUCTION, NUTRIENTS IN FOOD-
CARBOHYDRATES, FATS, PROTEINS**

CHANGING YOUR TOMORROW

LEARNING OBJECTIVE

To enable the learner to:

- explain the importance of food.
- identify the different types of nutrients present in different types of food.

WARM UP

1. What is food?
2. From where do you get your food?
3. How do you feel if you do not eat for a long period of time?
4. How do you feel when you come to school without having your breakfast?
5. What are your daily activities?
6. Can you perform these activities on a day you go without food?

WHO NEEDS FOOD?

All living things need food.

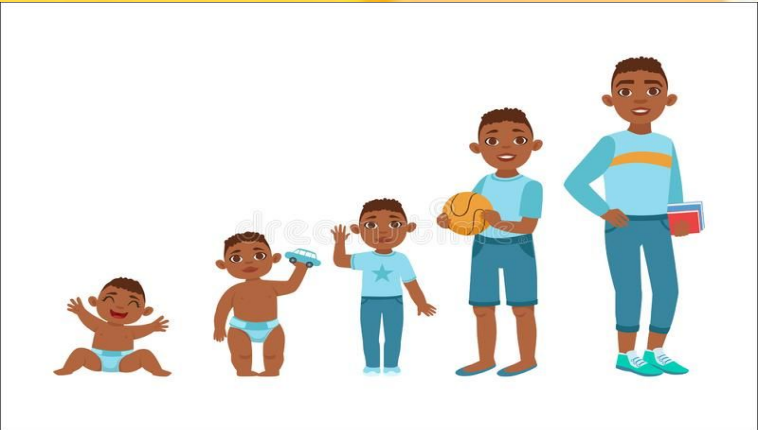


IMPORTANCE OF EATING BREAKFAST

- Breakfast is the most important meal of the day.
- The word breakfast means breaking the overnight fast.
- It is very important because it boosts our energy.



WHY IS FOOD NECESSARY TO US?



Food helps us to grow and stay alive.

Food gives us energy to work, play, study, etc.



Food keeps us fit & healthy

DIFFERENT TYPES OF FOOD WE EAT

- **Wheat**
- **Rice**
- **Vegetables**
- **Fruits**
- **Pulses**
- **Meat**
- **Egg**
- **Fish**



WHY WE DO NOT EAT SAME KIND OF FOOD EVERY TIME?

- We do not eat same kind of food every day because different types of foods provide us with the different types of nourishments which is required for the proper functioning of our body.
- These substances in food that provide nourishment to our body are called nutrients.



NUTRIENTS

- **Nutrients are substances present in food which provide nourishment to our body.**

TYPES OF NUTRIENTS

- **Carbohydrates**
- **Fats**
- **Proteins**
- **Vitamins and minerals**

CARBOHYDRATES

- Carbohydrates give us energy to work. It provide us with quick energy. Therefore, it is also known as energy- giving food.
- Bread, rice, wheat, potato, banana, etc. Are some of the rich sources of carbohydrates.
- People doing a lot of physical work need more carbohydrates.
- Sugar and starch are the two types of carbohydrates.



FATS

- Fats gives us more energy than starch or sugar.
- It is also known as energy- giving food.
- Oil, nuts and butter rich sources of fats.
- They help to keep our body warm.
- Extra fat is stored in our body for future use.



PROTEINS

- Proteins helps us to grow that is why it is also known as body-building food or nutrient.
- Children need more protein because they need to grow faster.
- Foods rich in proteins are eggs, fish, meat cheese and pulses.



SUMMARY

- **Food helps us to grow, gives us energy and keeps us healthy.**
- **Carbohydrates and fats give us energy**
- **Fats keep us warm.**
- **Proteins help us to grow.**

QUIZ
TIME

NOTES

Date

Subject

QUIZ
TIME

NOTES

Date

Subject

The background features a light cream-colored surface with a subtle, repeating pattern of small, stylized lemons and citrus slices. Larger, semi-transparent illustrations of whole lemons and cross-sections of citrus fruits are scattered across the page, primarily in the upper left and lower right areas. Some lemons are bright yellow, while others are a softer, muted yellow or light orange. Green leaves and smaller citrus slices are also visible, adding to the fresh, citrusy theme.

1. Which nutrient keeps your body warm?

ANS: Fats

The background of the slide is a light cream color with a subtle, repeating pattern of lemons and citrus slices. The lemons are in various shades of yellow and orange, some whole and some sliced to show the internal segments. There are also green leaves and smaller citrus slices scattered throughout the design.

**2. Children need more protein than adults.
Justify?**

ANS: Children need more protein because they need to grow faster.

3. What is the importance of eating food?

**ANS: Food helps us to grow and stay alive.
It provides us with energy.
It keeps us fit and healthy.**

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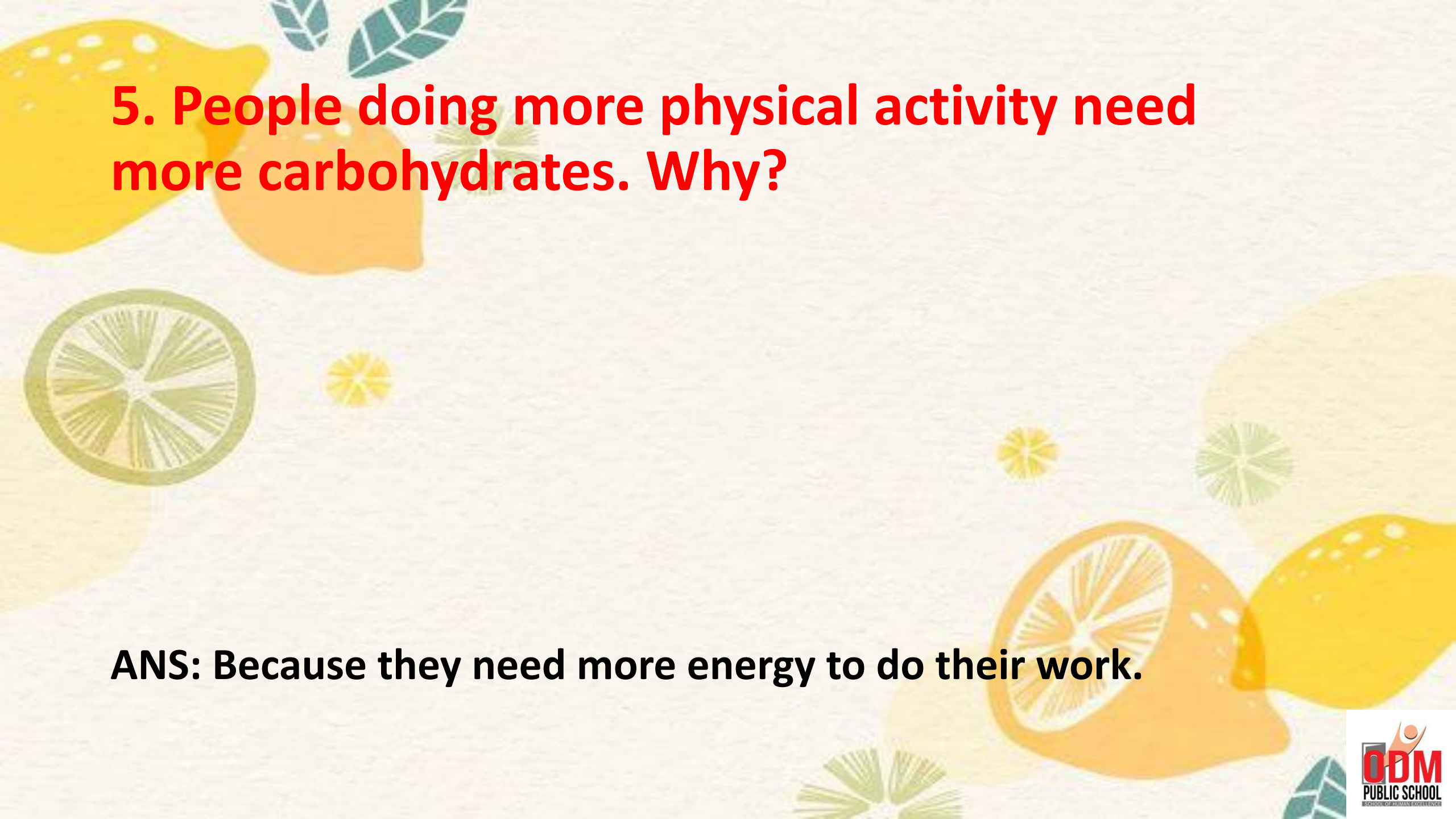
4. Which nutrients are also known as energy-giving nutrients?

ANS: Carbohydrates and fats

The background features a light cream color with various illustrations of lemons and citrus slices in shades of yellow, orange, and green. Some lemons are whole, while others are sliced to show the internal segments. There are also green leaves scattered throughout the design.

4. Which nutrients are also known as energy-giving nutrients?

ANS: Carbohydrates and fats

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5. People doing more physical activity need more carbohydrates. Why?

ANS: Because they need more energy to do their work.

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HOMework

Write the difficult words in your notebook.

LEARNING OUTCOME

The learner will be able to:

- explain the importance of food.
- identify the different types of nutrients present in different types of food.

The background features a light cream-colored textured surface. Scattered throughout are various illustrations of lemons and citrus slices in shades of yellow, orange, and green. Some lemons are whole, while others are sliced to show the internal segments. There are also stylized green leaves and circular citrus slices.

THANKING YOU
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