

Grade 4 EVS Worksheet 1 : Food From the Farm to the Table (Advanced Level)

Name: _____

Date: _____

Part 1: Fill in the Blanks

Complete the sentences using the correct words from the list below.

Words: sustainable, nutrients, transportation, seasonally, ecosystem

1. _____ refers to foods that are grown and harvested according to their natural growing seasons.
 2. Local food is often better because it has fewer environmental impacts, such as the energy used in _____.
 3. Eating foods that are grown locally helps support a more _____ way of farming that protects the environment.
 4. Fruits and vegetables are rich in _____, which our bodies need to stay healthy.
 5. When we eat local food, we help preserve the local _____, which includes plants, animals, and other living things in the area.
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Part 2: Multiple Choice Questions

Circle the correct answer.

1. What is one reason why eating food grown locally is better for the environment?
 - a) It requires less **transportation**, reducing pollution.
 - b) It is more expensive to grow.
 - c) It takes longer to grow than imported food.
2. Which of the following is a benefit of eating food that is grown **seasonally**?
 - a) It is more expensive.
 - b) It is fresher and supports local farms.

- c) It is always available no matter the weather.
3. What is the process of moving crops from the farm to the market called?
- a) Harvesting
 - b) Transportation
 - c) Cooking
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Part 3: True or False

Read each statement and write **True** or **False**.

1. Eating food from other countries requires more energy because of the long-distance transportation. _____
 2. Local food is usually more expensive because it doesn't need to be shipped far away. _____
 3. Eating food grown in your **season** means eating foods that are grown only during certain times of the year. _____
 4. A healthy **ecosystem** includes not just crops, but also animals and the environment surrounding them. _____
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Part 4: Short Answer Questions

1. Explain why eating **seasonally** is important for your health and the environment.

2. What are the environmental impacts of transporting food from other countries?

3. Describe how a **sustainable** farming system can help protect the environment.

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Part 5: Matching

Match the word on the left with its correct description on the right.

A

1. **Sustainable farming**

2. **Transportation**

3. **Seasonal foods**

4. **Ecosystem**

5. **Nutrients**

B

a. The process of moving food from one place to another.

b. Eating food that is available naturally during certain seasons.

c. A farming method that preserves the environment for future generations.

d. The community of living things, including plants, animals, and their environment.

e. Substances that provide energy and support growth, found in foods like fruits and vegetables.

Part 6: Diagram and Labels

Draw and label a simple diagram of the journey food takes from the **Farm** to the **Table**. Make sure to include these steps:

- Growing on the farm
- Harvesting
- Transportation
- Selling at the market
- Eating at the table

Part 7: Critical Thinking

Imagine that you are the owner of a local farm. You want to teach your community about the benefits of eating local food. Write a short message to the people in your town explaining why they should choose food grown locally. Mention the benefits for the environment, health, and the community.

--BE THE CHAMPION!--