

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

Name: _____

Date: _____

Part 1: Fill in the Blanks

Complete the sentences using the words from the list below.

Words: ecosystem, organic, harvest, nutrients, sustainable

1. _____ food is grown without harmful chemicals or synthetic pesticides.
 2. The process of collecting the crops when they are ready is called _____.
 3. Eating a variety of food gives our bodies the right _____, such as vitamins and minerals.
 4. A healthy farm relies on a balanced _____, where plants, animals, and insects all play important roles.
 5. _____ farming helps protect the environment by conserving water and improving soil health.
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Part 2: Multiple Choice Questions

Circle the correct answer.

1. What is the benefit of eating **local food**?
 - a) It is usually fresher and supports the local economy.
 - b) It costs more than food grown far away.
 - c) It lasts longer in the fridge.
2. Why is it important to eat **seasonal foods**?
 - a) They are less expensive and more nutritious.
 - b) They are grown with chemicals.
 - c) They are available all year round.

3. What does **sustainable farming** focus on?
 - a) Growing as much food as possible in a short amount of time.
 - b) Protecting the environment while growing food.
 - c) Using artificial fertilizers to speed up growth.
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Part 3: True or False

Write **True** or **False** next to each statement.

1. Eating local food helps reduce pollution from transportation. _____
 2. Sustainable farming uses a lot of chemicals to increase crop production. _____
 3. Seasonal foods are grown when they are naturally in season and often taste better. _____
 4. A farmer's **ecosystem** includes all living things around the farm, like animals, plants, and soil. _____
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Part 4: Short Answer Questions

1. How can eating **seasonally** grown food benefit the environment?

2. What does **sustainable farming** mean, and why is it important?

3. How do **local foods** help support the community?

Part 5: Sequence the Steps

Put the following steps in the correct order from **1** to **5**.

- _____ Food is grown on the farm.
- _____ Food is harvested when it is ripe.
- _____ Food is sold at the market.
- _____ Food is transported to the market.
- _____ Food is eaten at the table.

Part 6: Vocabulary Matching

Match each word with its correct description.

A	B
1. Sustainable farming	a. The process of moving food from the farm to the market.
2. Harvest	b. Food grown without synthetic chemicals or pesticides.
3. Ecosystem	c. The process of gathering crops when they are ready.
4. Local food	d. A system where living organisms interact with each other and their environment.
5. Organic food	e. Food that is grown near where you live and sold locally.

Part 7: Short Essay

Imagine you are a local farmer who grows both seasonal and organic crops. Write a short letter to your neighbors explaining why it is better to eat food that is grown locally and seasonally.

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