

Grade 4 EVS Worksheet: Food and Its Sources (Difficulty Level: Advanced)

Name: _____

Date: _____

Part 1: Fill in the Blanks

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

Word Bank:

- Grains
- Vegetables
- Protein
- Fruit
- Dairy
- Plants
- Seeds
- Honey
- Fish
- Eggs

1. _____ like wheat and rice are great sources of energy and come from plants.
 2. _____ like carrots, spinach, and broccoli help us stay healthy and strong.
 3. _____ from animals, like eggs and milk, provide us with essential nutrients.
 4. A good source of _____ is found in meat, fish, and beans.
 5. _____ are a healthy snack that gives us vitamins, and they grow on trees or vines.
 6. _____ are tiny food pieces from plants that grow into new plants and can be eaten.
 7. _____ is a sweet substance that bees make to help them survive and gives us sweetness in foods.
 8. _____ from cows and goats helps build strong bones and teeth.
 9. _____ is another food we can get from animals, and it's packed with protein to help us grow.
 10. _____ like nuts and seeds give us energy and help us stay active.
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Part 2: True or False

Write "True" or "False" next to the statements.

1. Vegetables are always high in protein. _____
 2. Animals like cows and goats give us milk. _____
 3. Wheat is grown in cooler climates like North India. _____
 4. Popcorn comes from grains that pop when heated. _____
 5. Honey never spoils, even after thousands of years. _____
 6. You can only get milk from cows. _____
 7. Grains grow best in hot, dry weather. _____
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Part 3: Multiple Choice Questions

Choose the correct answer.

1. What part of the plant do we eat when we consume broccoli?
 - a) Root
 - b) Stem
 - c) Flower
 2. Which animal gives us wool to make clothes?
 - a) Cow
 - b) Sheep
 - c) Goat
 3. What do we get from the cocoa tree?
 - a) Coffee
 - b) Chocolate
 - c) Rice
 4. What is one of the primary sources of protein for humans?
 - a) Apples
 - b) Fish
 - c) Carrots
 5. What part of the plant is used to make rice?
 - a) Leaf
 - b) Root
 - c) Seed
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Part 4: Short Answer

Answer these questions in complete sentences.

1. How do grains like wheat and rice help us stay healthy?
 2. What is the role of protein in our bodies?
 3. Why do we eat fruit in the summer?
 4. Name two ways we get energy from animals.
 5. Explain the importance of seeds in the growth of plants.
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Part 5: Fun Facts Challenge!

Answer the following questions.

1. What is the most common type of grain used to make bread?
 2. What is the primary reason honey is so special?
 3. Which food is made from the milk of goats and cows?
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--BE THE CHAMPION!--