

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

Name: \_\_\_\_\_

Date: \_\_\_\_\_

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### Part 1: Fill in the Blanks

Complete the sentences with the correct words from the word bank.

#### Word Bank:

- Fruits
- Animals
- Milk
- Vegetables
- Meat
- Grains
- Honey
- Nuts
- Eggs
- Plants

1. \_\_\_\_\_ like bananas and apples are natural sources of vitamins.
  2. We get \_\_\_\_\_ from animals like cows and goats.
  3. \_\_\_\_\_ are important for a healthy body and can be found in things like fish, eggs, and beans.
  4. \_\_\_\_\_ like broccoli, spinach, and cucumbers are full of nutrients.
  5. \_\_\_\_\_ like almonds, walnuts, and sunflower seeds give us energy.
  6. \_\_\_\_\_ like wheat and rice come from the seeds of plants.
  7. \_\_\_\_\_ is produced by bees and has antibacterial properties.
  8. \_\_\_\_\_ is a nutritious food source that provides protein and comes from chickens.
  9. \_\_\_\_\_ provide us with energy and many foods come from them, such as potatoes and carrots.
  10. Many foods come from \_\_\_\_\_ such as fruits, vegetables, and grains.
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**Part 2: True or False**

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

1. Meat is the only source of protein. \_\_\_\_\_
  2. We get most of our vitamins from meat. \_\_\_\_\_
  3. Honey is made by bees. \_\_\_\_\_
  4. Seeds can grow into new plants and are a food source. \_\_\_\_\_
  5. Plants give us most of the food we eat. \_\_\_\_\_
  6. Grains like wheat grow best in cold weather. \_\_\_\_\_
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**Part 3: Multiple Choice Questions**

Choose the correct answer.

1. What do we get from bees?
    - a) Honey
    - b) Milk
    - c) Eggs
  2. Which of the following is a source of protein?
    - a) Fruits
    - b) Meat
    - c) Water
  3. What part of the plant do we eat when we consume potatoes?
    - a) Leaf
    - b) Root
    - c) Stem
  4. What do we use to make bread?
    - a) Rice
    - b) Wheat
    - c) Beans
  5. Which of these foods is NOT from an animal?
    - a) Honey
    - b) Milk
    - c) Apples
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**Part 4: Short Answer**

Answer these questions.

1. What are two examples of food that come from animals?
  2. What is the benefit of eating vegetables?
  3. How do grains like wheat help us?
  4. Why do we need protein in our diet?
  5. What do you think would happen if we didn't eat fruits?
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**Part 5: Fun Facts Challenge!**

1. What's the food that can grow from its own seeds?
  2. Which food has the most water content (hint: it's great in the summer)?
  3. What can honey be used for other than eating?
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**--BE THE CHAMPION!--**