

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

Name: _____

Date: _____

Part 1: Fill in the Blanks

Complete the sentences using the words from the word bank.

Word Bank:

- Protein
- Seeds
- Dairy
- Vegetables
- Fruits
- Grains
- Milk
- Plants
- Honey
- Meat

1. _____ like beans and eggs give us the _____ we need for growth.
 2. _____ like carrots and broccoli are good for our eyes and health.
 3. We get _____ like bread and rice from _____.
 4. _____ are packed with vitamins and are a delicious snack.
 5. _____ comes from animals like cows and goats and is great for strong bones.
 6. _____ are the starting point for most plants.
 7. _____ like beef and chicken are great sources of _____.
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Part 2: True or False

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

1. Meat and fish are sources of protein. _____
2. All food comes from plants. _____
3. Dairy foods come from animals. _____
4. Honey can spoil after a few weeks. _____

5. Grains grow in the ground like potatoes. _____
 6. Fruits grow on trees or vines. _____
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Part 3: Multiple Choice Questions

Choose the correct answer.

1. What food is made by cows and used in many products like cheese and butter?
 - a) Milk
 - b) Honey
 - c) Meat
 2. What part of the plant do we eat when we consume rice?
 - a) Root
 - b) Leaf
 - c) Seed
 3. Which of these animals gives us milk?
 - a) Chicken
 - b) Sheep
 - c) Cow
 4. Which of the following foods provides us with vitamins and comes from plants?
 - a) Apples
 - b) Chicken
 - c) Milk
 5. What do we get from the grains of wheat?
 - a) Rice
 - b) Flour
 - c) Meat
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Part 4: Short Answer

1. Why do we eat honey? Give two reasons.
 2. How do fruits help us stay healthy?
 3. What part of the plant does broccoli come from?
 4. Why is milk important for our bones?
 5. Name two animals that provide us with food.
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Part 5: Fun Facts Challenge!

1. Which vegetable can help you see better?
 2. What's the secret behind popcorn?
 3. Which animal makes something we spread on toast and use in tea?
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--BE THE CHAMPION!--