

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. (Hint: Some words may be used more than once.)

Word Bank:

Protein, Vegetables, Grains, Fruits, Animals, Plants, Milk, Carrots, Honey, Wheat

1. _____ is a substance we eat to keep our body healthy and energized.
 2. _____ are food sources like apples, bananas, and oranges.
 3. _____ like spinach and carrots help us grow strong and stay healthy.
 4. Food that comes from _____ includes eggs, milk, and meat.
 5. _____ are the building blocks of food that provide energy and nutrients, like wheat and rice.
 6. _____ grow in nature and give us food like tomatoes and potatoes.
 7. _____ is made by bees, and it's very sweet!
 8. _____ is a vegetable that is orange and helps us have sharp eyesight.
 9. _____ is a popular food grain that's used to make bread.
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Part 2: True or False

Read each statement carefully and decide if it is true or false. Write "True" or "False" next to the statement.

1. Food is like fuel for our body, just like how a car needs gas to run. _____
2. The main source of honey is cows. _____
3. Popcorn is actually a type of seed. _____
4. The most expensive coffee in the world comes from beans eaten and pooped out by a civet. _____
5. Potatoes can grow from other potatoes. _____
6. Tomatoes were once believed to be poisonous. _____
7. Grains like wheat and rice are grown mostly in hot climates. _____

Part 3: Multiple Choice Questions

Choose the correct answer for each question.

1. What part of the plant do we eat when we consume carrots?
 - a) Root
 - b) Leaf
 - c) Stem
 2. Which animal helps us make cheese?
 - a) Sheep
 - b) Dog
 - c) Cow
 3. What do bees produce?
 - a) Jelly
 - b) Honey
 - c) Chocolate
 4. Which plant gives us chocolate?
 - a) Cocoa tree
 - b) Cow
 - c) Coconut
 5. What animal is known for producing honey?
 - a) Ants
 - b) Bees
 - c) Butterflies
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Part 4: Short Answer

Answer the following questions in complete sentences.

1. Why do we need food? List at least two reasons.
 2. Name two foods we eat in the summer and explain why we eat them during that season.
 3. What is the relationship between plants and the food we eat?
 4. Explain how watermelons help us during hot weather.
 5. Can food come from both plants and animals? Give an example of each.
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Bonus Activity: "Food Detective"

Using what you've learned about where food comes from, create your own food chain! Draw a picture showing the steps of the food chain starting from a plant or animal that makes the food and ending with you eating it. Label each part of the chain.

--BE THE CHAMPION!--