

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

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

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

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### 1. Fill in the blanks with the correct word.

Words to choose from: milk, meat, vegetables, grains, fruit, dairy

1. \_\_\_\_\_ is a food group that includes foods like cheese, yogurt, and butter.
  2. \_\_\_\_\_ are foods that we get from plants, like broccoli and beans.
  3. \_\_\_\_\_ comes from animals and includes foods like chicken and beef.
  4. \_\_\_\_\_ foods are sweet, healthy, and come from plants, like oranges and strawberries.
  5. \_\_\_\_\_ are foods that come from plants like wheat and rice.
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### 2. True or False

Read the statement and write **True** or **False**.

1. Milk is an animal product. \_\_\_\_\_
  2. Rice comes from animals. \_\_\_\_\_
  3. Apples are a type of fruit. \_\_\_\_\_
  4. We get honey from a plant. \_\_\_\_\_
  5. Eggs come from animals. \_\_\_\_\_
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### 3. Multiple Choice Questions

1. Which of these foods comes from a plant?
  - a) Carrot
  - b) Egg
  - c) Chicken
2. Which of these foods comes from an animal?
  - a) Wheat

- b) Apple
  - c) Fish
  - 3. Which of these foods is a dairy product?
    - a) Cheese
    - b) Carrot
    - c) Rice
  - 4. Where do we get meat from?
    - a) Plants
    - b) Animals
    - c) Insects
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**4. Answer the following questions.**

- 1. What is the source of honey?
  - 2. Where do we get eggs from?
  - 3. Name one food that comes from animals and one from plants.
  - 4. Why is it important to eat different types of food?
  - 5. How do vegetables help us stay healthy?
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**5. Categorize these foods.**

Write the food in the correct column under **Animal Products** or **Plant Products**.

- Cheese, Wheat, Chicken, Carrot, Fish, Banana, Milk, Tomato

<b>Animal Products</b>	<b>Plant Products</b>

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**--BE THE CHAMPION!--**