

## 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 dairy, vegetables, grains, fruits, animals, plants

1. \_\_\_\_\_ like spinach, peas, and potatoes are good for your health.
  2. \_\_\_\_\_ are foods we get from cows, like cheese and butter.
  3. \_\_\_\_\_ are foods that provide us with energy, like rice and wheat.
  4. \_\_\_\_\_ foods come from living creatures, like chicken, fish, and eggs.
  5. \_\_\_\_\_ are healthy foods like apples, bananas, and grapes that come from plants.
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### 2. Circle the correct answer.

1. Which of the following foods is from an animal?
    - a) Wheat
    - b) Carrot
    - c) Egg
  2. Where do we get honey from?
    - a) Plant
    - b) Animal
    - c) Both
  3. What do we get from chickens?
    - a) Milk
    - b) Eggs
    - c) Rice
  4. Which of these is a grain?
    - a) Apple
    - b) Wheat
    - c) Potato
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### 3. Match the food with its category.

Match each food to whether it is an **Animal Product** or **Plant Product**.

<b>Food Item</b>	<b>Category</b>
1. Milk	a) Animal Product
2. Wheat	b) Plant Product
3. Fish	a) Animal Product
4. Apple	b) Plant Product
5. Chicken	a) Animal Product
6. Banana	b) Plant Product

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### 4. Short Answer Questions

1. What is the source of milk?
  2. Name one type of food that comes from a plant.
  3. What do we get from cows besides milk?
  4. Where does rice come from?
  5. Why do we need to eat foods from both plants and animals?
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### 5. Food Sources Chart

Fill in the chart below with the correct food sources for each item:

<b>Food Item</b>	<b>Source</b>
Milk	_____
Wheat	_____
Fish	_____
Egg	_____
Rice	_____

Banana	_____
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**--BE THE CHAMPION!--**