

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

Name: _____

Date: _____

1. Fill in the blanks with the correct word.

Words to choose from: plants, animals, milk, fruits, vegetables, grains

1. _____ are foods that come from animals, like beef and chicken.
 2. _____ like carrots and spinach come from the earth.
 3. We get _____ from cows and goats.
 4. _____ like apples and oranges are healthy and sweet.
 5. _____ are foods like rice, wheat, and corn that come from plants.
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2. Match the food to its source.

Draw a line to match each food item with its correct source.

Food Item	Source
1. Milk	a) Animal
2. Egg	b) Plant
3. Carrot	c) Animal
4. Wheat	d) Plant
5. Chicken	e) Animal
6. Apple	f) Plant

3. Circle the correct answer.

1. Which of these foods comes from a plant?
a) Milk

- b) Carrot
 - c) Chicken
 - 2. Which of these foods comes from an animal?
 - a) Egg
 - b) Apple
 - c) Rice
 - 3. Where does honey come from?
 - a) A plant
 - b) An animal
 - c) A tree
 - 4. What type of food is wheat?
 - a) Fruit
 - b) Grain
 - c) Vegetable
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4. Answer these questions.

- 1. What is the source of eggs?
 - 2. Name three vegetables that come from plants.
 - 3. Where do we get meat from?
 - 4. Give two examples of fruits.
 - 5. Why are grains important for our health?
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5. Sorting Activity

Sort the following foods into two categories: **Animal Sources** and **Plant Sources**.

- **Foods:** Milk, Chicken, Rice, Apple, Fish, Carrot, Eggs, Wheat

Animal Sources	Plant Sources

6. Food Diary

Pick one food from **Animal Sources** and one from **Plant Sources** that you ate today.
Write a short sentence about where each food comes from.

- **Animal Source Food:** _____
 - **Plant Source Food:** _____
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--BE THE CHAMPION!--