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*Olympiads*  
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# CREST Science Olympiad (CSO) Worksheet *for*

**Class 4**

**Topic**

## Components of Food and Preservation of Food



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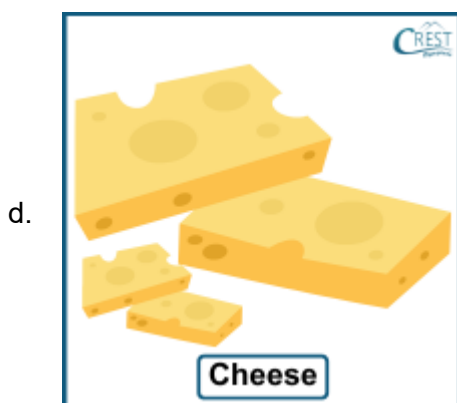
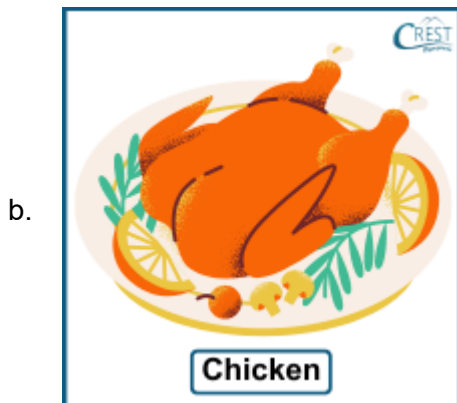
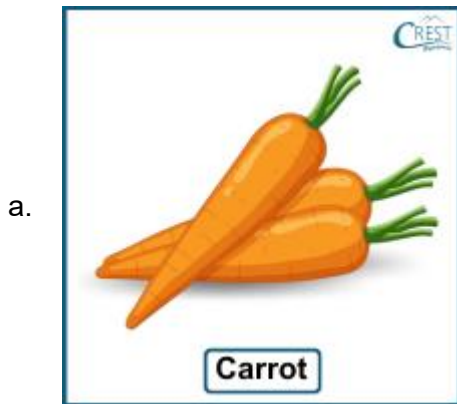
info@crestolympiads.com



+91-98182-94134

# Worksheet on Components of Food and Preservation of Food

1. Which of the following foods would be the best choice for providing quick energy before a sports activity?



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2. Amy is experiencing bleeding gums. Which of the following food options should she consume more of?
- Foods rich in carbohydrates
  - Foods rich in iron
  - Foods rich in proteins.
  - Foods rich in vitamin C
3. Jack wants to improve his concentration and memory for studying. Which type of food should he include in his diet?
- Sugary snacks
  - Fresh fruits and vegetables
  - Fried foods
  - Food rich in fats

4. Fill in the blank:

s\_\_\_\_\_ is a type of nutrient that cannot be digested by our body but helps with easy bowel movement.

- Carbohydrates
- Dietary fibre
- Fats
- Proteins

5. Match the following.

	Column I		Column II
1.	Calcium	A.	Helps in the production of blood.
2.	Iron	B.	Supports the growth and development of the body.
3.	Iodine	C.	Essential for strong bones and teeth.

- 1:C, 2:A, 3:B
- 1:B, 2:A, 3:C
- 1:C, 2:B, 3:A
- 1:A, 2:C, 3:B

## Answer Key

1. c - Pasta is a carbohydrate-rich food that provides quick energy due to its high carbohydrate content, making it an excellent choice before a sports activity.
2. d - Vitamin C is essential for gum health and can help reduce bleeding gums.
3. b - Fresh fruits and vegetables are rich in nutrients and vitamins that support brain health, providing an ideal choice for improving concentration and memory for studying.
4. b - Roughage or dietary fibre is a type of nutrient that cannot be digested by our body. However, it plays a crucial role in promoting easy bowel movements and preventing constipation.
5. a -  
Calcium: Essential for strong bones and teeth.  
Iron: Helps in the production of blood.  
Iodine: Supports the growth and development of the body.

**More Questions Coming Soon – Keep Learning!**





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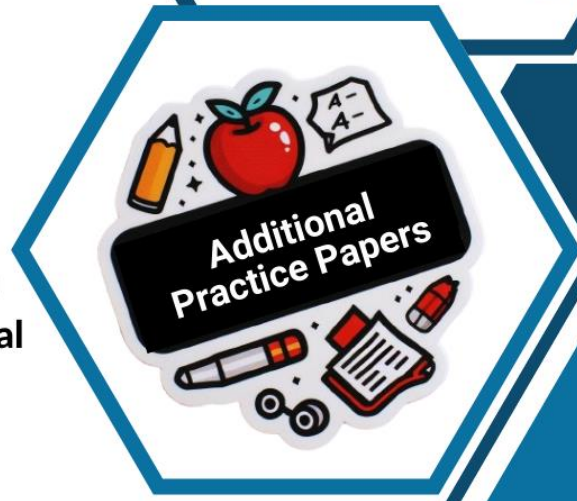
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