

CLASS IV SCIENCE HW WORKSHEET

SUBMISSION DATE \_\_\_\_\_

Q1 Match the following.

Carbohydrates

Proteins

Vitamins

Fats

Roughage

1. Needed for building muscles, growth and repair
2. Gives energy
3. Protect us from diseases
4. Keeps the body warm
5. Removes waste material from our body

Q2 Complete the sentences

- a) Lack of sleep may result in \_\_\_\_\_
- b) Incorrect posture, can lead to \_\_\_\_\_
- c) Exercise is important \_\_\_\_\_