

NEW HORIZON SCHOOL

CLASS -IV

SCIENCE-(Support Material)

Chapter-1 -TESTING TO DIGESTING FOOD

- ✓ Substances present in the food are called nutrients.
- ✓ The food that we eat daily is called diet.
- ✓ A diet which contains carbohydrates, fats, proteins, vitamins and minerals in the right amount is called balanced diet.
- ✓ Carbohydrates and fats are energy-giving foods.
- ✓ Protein is body-building food and helps our body to grow.
- ✓ Vitamins and minerals are protective foods and help us to fight with diseases.
- ✓ Water helps in digestion and absorption of food properly and it helps us to remove waste from the body.
- ✓ We must drink 8-10 glasses of water daily.
- ✓ The process by which food is broken down into simpler substances is called digestion.
- ✓ Digestive System consists of mouth, food pipe, stomach, small intestine, large intestine, liver, pancreas, rectum and anus.
- ✓ Tongue helps to taste food with the help of taste buds.
- ✓ Saliva is secreted from salivary glands in mouth.
- ✓ Liver makes digestive juice called bile.
- ✓ Undigested semi-solid waste is called faeces.
- ✓ Junk foods like Chips, Pizza, Burger, Samosa etc. are not good for health.

Food can be preserved by the following methods:-

- a) Refrigerating
- b) Salting or pickling
- c) Adding sugar solution
- d) Sun drying

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Chapter -2 TEETH AND TOOTH CARE

- ✓ In humans, teeth grow twice in life.
- ✓ Two sets of teeth are temporary and permanent teeth.
- ✓ Temporary teeth are also called milk teeth. They are 20 in number.
- ✓ Permanent teeth are 32 in number.
- ✓ There are four types of teeth in humans:-

Type of teeth	Shape	Number of Teeth in each Jaw	Total number of teeth in mouth
Incisors	Chisel shaped	4	8
Canines	Dagger shaped	2	4
Premolars	Broad and flat	4	8
Molars	Broader than Premolar	6	12

- ✓ A tooth has three parts- crown, neck and root.
- ✓ The upper most part of tooth is called crown.
- ✓ The middle part of tooth is called neck.
- ✓ The lower part of tooth is called root.
- ✓ Outer white part of tooth is called enamel and it is hardest substance in our body.
- ✓ Thin sticky layer over the teeth is called plaque.
- ✓ Wisdom teeth are four hindmost molars in humans which usually appear at the age of twenty.
- ✓ Canines are also called cuspids or dog-teeth.
- ✓ Very small and simple organisms which can be seen through microscope are called microbes or microorganisms.
- ✓ Microbes are both useful and harmful.
- ✓ Four types of microbes are- bacteria, virus, fungi and protozoa.

Microorganism	Diseases caused
Bacteria	Thyphoid, Cholera, Tuberculosis
Virus	Influenza, Common cold, Polio, AIDS
Fungi	Skin disease like ringworm, Athletes foot
Protozoa	Food poisoning, Malaria, Dysentery

