



LUCKY JUNIOR SCHOOL-KYENGERA

MID TERM TWO EXAMINATIONS -2024

PRIMARY FOUR -SCIENCE

1. Define the following terms:

a) Food

b) Feeding

c) Nutrition

(b) Mention any **two** uses of food to the body.

(i) _____

(ii) _____

(c) State any **two** reasons why we eat food.

(i) _____

(ii) _____

(d) Suggest **two** foods got from the garden.

(i) _____

(ii) _____

(e) Mention any **two** places where we get fish from.

(i) _____

(ii) _____

2. Write 5H'S in full

3. what is meant by the term **sources of food**?

(b) Mention any **two** main sources of food.

(c) State any two examples of foods got from:

Plants

(i) _____

(ii) _____

Animals

(i) _____

(ii) _____

4. What Is **Balanced diet**?

(b) Mention any **three** main classes of food.

(c) Write **3g's** in full.

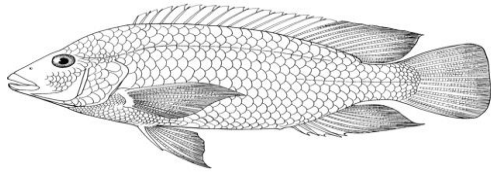
Which class of food makes the body to grow?

State any **two** uses of proteins to the body.

5. complete the table by giving the food values obtained

CLASS	VALUE
1. Carbohydrates	
2. Proteins	
3. Vitamins	
4 Fats and oils	
5. Mineral salts	

6. Below is a diagram of a fish.




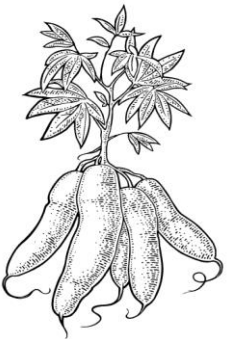

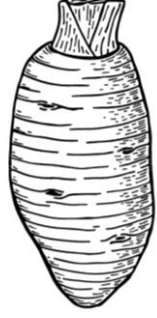
Name the food value we get from fish.

(b) Mention any **3 examples** sources of animal proteins.

(c) Mention any **two** sources of plant proteins

7. what are **carbohydrates**?

(b) Name these food below

8. Name the disease caused by lack of:-

Proteins

Carbohydrates

Iodine

Vitamin D

(b) State any **four uses** of vitamins to your body.

(c) Name the deficiency disease caused by lack of vitamin

A: _____

B1: _____

C: _____

D: _____

9. What are **Fats and Oils**?

(b) State any **3 sources** of fats and oils

(ii) State any **3 functions** of fats and oils

(iii) state any **three dangers** having little fats in the body

(iv) Mention **any two effects** of have too much fats and oils to the body

(v) Give a clear difference between fats and oils

(vi) What causes obesity?

10.what are **Mineral Salts**?

(b) State any **3 examples** of mineral salts.

(ii) what are **Hemoglobin**?

(iii) State the function of Hemoglobin to the human body

(iv) Name the disease caused by lack of iron in the diet

(v) State two uses of Iron in the body

(vi) State any two food stuff rich in iron

11. Complete the table below

Mineral salts	Its use	source
Iron		Meat, Beans, Liver, Calcium, Milk, Millet, Green vegetables
	For proper functioning / working of the thyroid gland.	Iodized salt.
Calcium		Dry fish , milk , eggs , grains , milk products
Sodium chloride	To maintain fluid balance in the body.	
Fluoride		Tooth paste

(b) Suggest **any two uses** of water in the body.

(ii) Outline **any two food** sources of water.

(iii) Name the mineral salt which helps in making red blood cells?

(iv) Suggest **any two mineral** salts we get from the milk.

12. What are roughages?

(ii) State **any 3 sources** of roughages.

(iii) Give any **three importance** of roughages in the body.

(iv) What causes constipation?

(v) Which food value do we get from taking honey?

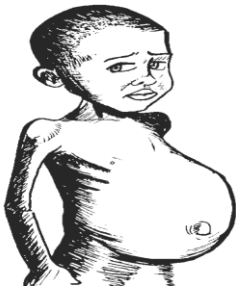
13. What is a malnutrition ?

(b) State any **two signs** of malnutrition in children.

(c)What are deficiency diseases??

(i) Mention any **3 examples** of deficiency diseases

d) Below is a diagram of kintu. Use it to answer questions that follow



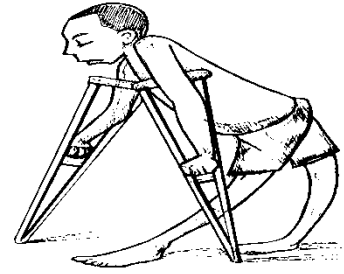
a) Which deficiency disease is he suffering from?

(ii) State any **four** signs of the above disease.

(iii) What causes the above disease?

(iv) Mention any prevention to that disease.

14. Here a diagram of a child suffering from the ricket. Use it to answer questions below



1. What causes rickets in children?

(ii) State any **three** common signs and symptoms of rickets in children.

(iii) Suggest **two ways** of preventing rickets

15. what are **Vulnerable groups of people?**

(b) State **four examples** of vulnerable people

(c) what is **Breast feeding** ?

(ii) Mention **4** importance of breast milk to a baby

(iii) State **3** importance of breast feeding to a mother

16. what is Food hygiene?

(b) State **any 3 proper ways** of handling food.

(ii) Mention any **three** importance of proper handling of food.

(iii) State **any three** Ways food gets contaminated

(iv) State **three** dangers of poor handling of food.

17. Below is a diagram of John's food left uncovered for the rest of the day.



(i) Mention any **two** insects which might have poisoned the food.

(ii) Mention any **two** common problems John will get after eating his food.

(iii) State any **two** common insects which contaminate our food.

(i) _____

(ii) _____

18. What is the difference between **good eating habits** and **bad eating habits**

(b) Mention any **4** examples of good eating habits

(ii) State **any 3 Importance** of good eating habits

(iii) Mention any two reasons why we should chew food well

(iv) State any **4 dangers** of bad eating habits

19. what is **food preservation**?

(b) State **any 4 Ways** of preserving food

(ii) Mention **any 4 reasons** why we preserve food

c) State any two foods preserved by:

Salting _____

Sun drying

Refrigerating

20. Define the following words

Food Security

Food insecurity

(b) Mention any 4 ways of promoting food security

(ii) State any two importance of food security

(iii) state any two two ways of preserving fish.

END