SHALOM PRIMARY SCHOOL

SELF REVISION WORK FOR P4 2020

POINTS TO NOTE:

1. USE OUR NOTES THAT READ AND ANSWER THE ACTIVITY.

2. PRINT THE WORK AND DO

3. BE BLESSED IN YOUR STUDY.

WEEK ONE P4 2020

PREPARED BY TEACHER OTIM DEMOUS SCIENCE

1. What is food?

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2. State the meaning of nutrition?

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3. What do we call the act of taking in food and being used by the body?

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4. Mention three uses of food to the body.

_____

5. Write down five reasons why people eat food.

(a)_____

(b)_____

(c)_____

(d)_____

(e)_____

6. Give two ways how how people get food.

(a)_____

(b)_____

7. Write down three classes of food .

(a)_____

(b)_____

(c)_____

8. Write down four food values that we get from eating food.

(a)_____

(b)_____

(c)_____

(d)_____

9. How are proteins importan the body?

_____

10. Identity any one example of the following;

(a) Animal proteins_____

(b)Plant proteins_____

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WEEK TWO PRIMARY FOUR 2020

1. How are carbohydrates useful to an athlete?

_____

2. Identity any one example of food stuff suitable for a footballer?

_____

3. What food value do we get from eating eggs?

_____

4. Why should people be encouraged to eat foods rich in vitamins?

_____

5. Name one class of food that increases the body's immunity against corona virus or covid19.

_____

6. Give two sources of vitamin A

(a)_____

(b)_____

7. How is vitamin A important to our body?

_____

8. Suggest one importance of vitamin B in the body.

_____

9. Mpiima's brother has a bleeding gum and poor healing of wounds. What deficiency disease is he suffering from?

_____

10. What causes rickets?

_____

11. How is morning sun important to our body.

_____

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WEEK THREE PRIMARY FOUR 2020

1. How can we prevent scurvy from not attacking a P4 child?

_____

2. State one sign of pellagra in young children.

_____

3. Mention one sign and symptom of beriberi disease.

_____

4. Give two signs of scurvy.

_____

5. What are fats?

_____

6. What food value do we get from eating fats and oils?

_____

7. State three sources of fats and oils

(a)_____

(b)_____

(c)_____

8. Mention two examples of mineral salts.

(a)_____

(b)_____

9. How is iron important to our body?

_____

10. Name two sources of iron.

(a)_____

(b)_____

11. Apart from calcium be other two mineral salts that strengthen our bones and teeth.

(I)_____

(II)_____

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WEEK FOUR PRIMARY FOUR 2020

1. Give one use of iodine in the body.

_____

2. State one source of iodine.

_____

3. How do we call a meal that contains all food values in their right amount needed by the body?

_____

4. State three components of balanced diet.

(I)_____

(ii)_____

(iii)_____

5. Give two uses of water.

(I)_____

(ii)_____

6. Mention one use of roughages in the body.

_____

7. Outline any two sources of roughages

(I)_____

(ii)_____

8. Which digestive disorder is experienced due to lack of roughages in the body.

_____

9. How do we call diseases caused by lack of certain food values in the body?

_____

10. What causes kwashiorkor in children?

_____

11. James has swollen belly and swollen moon face. Name the deficiency disease is suffering from?

_____

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WEEK FIVE PRIMARY FOUR 2020

1.How can we prevent kwashiorkor in children?

_____

2. State one cause of marasmus?

_____

3. Give one sign of marasmus.

_____

4. How do we prevent marasmus?

_____

5.Explain the term anaemia.

_____

6. What causes anaemia?

_____

7. Identify the main cause of goiter?

_____

8. Peter has a swelling in the neck, what deficiency disease is he suffering from?

_____

9. Outline two proper ways of handling food.

(I)_____

(ii)_____

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WEEK SIX PRIMARY FOUR 2020

1. Write down three importance of proper handling of food.

(I)_____

(ii)_____

(iii)_____

2. What is food contamination?

_____

3. Suggest one way food gets contaminated.

_____

4. Mention two dangers of poor handling of food.

(I)_____

(ii)_____

5. State two good eating habits practiced at home.

(I)_____

(ii)_____

6. Write down three bad eating habits common at home.

(I)_____

(ii)_____

(iii)_____

7. Give two dangers of bad eating habits.

(I)_____

(ii)_____

8. What do we call the keeping of food free from germs?

_____

9. Mention four ways of preserving food.

(a)_____

(b)_____

(c)_____

(d)_____

10. Why do we preserve food?

_____

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WEEK SEVEN PRIMARY FOUR 2020

1. What is food security?

_____

2. How can a family achieve food security?

_____

3. Suggest one importance of food security.

_____

PROJECT WORK FOR TOPIC ONE

4. In the space below, draw a woman sundrying millet.

5. Draw a boy roasting meat.

6. Draw a girl smoking fish.

7. Draw a girl boiling water for drinking.

8. Draw four different foods rich in vitamins.

9. Draw three different foods rich in proteins

10. Draw three different foods rich carbohydrates.

11. Draw a child suffering from rickets.

12. Draw a child suffering from goitre.

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