



Zavia School System, Multan

Notes 2nd Term 2026

Class 4th

Subject: Science

Unit no.3 Human Health

Concept check Pg-40

Complete the following sentence.

We need to eat the right amount of carbohydrates , protien, fats and dietary fibre.

Now use the four keywords you used in the blanks above to answer these questions.

1. Which three give us energy?

Ans: Carbohydrates,fats,protein.

2. Which one helps us to build and grow?

Ans: protein

3. Which one has no food value but helps to move waste along?

Ans: Dietary fibre

4. Which two can make us fat if we eat too much of them?

Ans: cake and sweets

Exercises

Q no.1: Choose the correct answer.

- i. a ii. a iii. d iv. b v. a

Q no.2 Find the odd one out in each of the following.

- i. jam , not a dairy product ii. carrot , a root vegetable.
 iii. sugarcane , not a fruit iv. onion , vegetable
 v. Thalassemia , genetic disease

Q no.3 Put two words from the list into each column of the table below.

Proteins	Carbohydrates	Fats	Vitamins
Eggs	Potato	Butter	Sunshine
Nuts	Cereals	Chocolate	Lemon

Q.no.4 Differentiate between contagious and non-contagious diseases. Write the names of a few diseases in the table below.

Contagious	Covid-19 , Polio	Non-Contagious	Cancer , Diabetes
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Q.no.5 Answer these questions: Pg.47

vi. Why is maintaining good health important.

Ans Good health is very important because it gives us energy to do work and play.

ii. Why is exercise important?

c Exercise keeps the bones and muscles strong.

iii. What is the difference between contagious and non-contagious diseases?

Ans

Contagious Diseases

Non-Contagious Diseases

Diseases that can be spread from person to person.

Examples: Covid-19 , Polio

Diseases that cannot be spread from person to person

Examples: Cancer , Diabetes

iv. How can water be purified?

Ans Water is purified by using a filter or by boiling the water.

v. How can contagious diseases be spread?

Ans Contagious diseases can be spread by touch, through the air or dirty water.

vi. What do we mean by a balanced diet?

Ans Balanced diet means eating the right variety of foods in the right amount.

vii. List some methods of preventing common diseases and their transmission.

Ans *Only drink clean water. *Stay at home if you are unwell. *Wash your hands.

Q no.8 Search for each of the given words in the squares below and draw a circle around them.

Ans on book

Diagram: Food pyramid (on book) pg.42

Unit 7: Earth and its Resources

Concept check Pg-106

1. Fill in the blanks

- i. Lava
- ii. rocks
- iii. Earthquakes

2. Make a list of ways in which water has or can have an impact on the Earth.

Ans Flood and heavy rain change the surface of earth.

Exercises

Q.no.1 Choose the correct option.

- i. b
- ii. d
- iii. a
- iv. a
- v. a

Q.no.2 Choose the correct word.

- i. erosion
- ii. fossils
- iii. molten lava
- iv. sediment
- v. millions
- vi. non-renewable

Q.no.3 Answer these questions.

i. What are natural resources?

Ans Natural resources are materials found in nature, such as the air, wind, water, plants and animals.

ii. List five natural resources we get from the Earth?

Ans Water, oil, soil, coal and natural gas.

iii. What are fossils?

Ans Fossils are the preserved remains of plants and animals.

iv. How do human activities affect Earth's natural resources?

Ans When human use natural resources without thought, they cause huge problems such as environmental damage.

v. Suggest ways to conserve natural resources?

Ans Recycling and reusing materials

Using public transport

Not wasting water

Q.no.4 Fill the table below.

<i>Renewable</i>	<i>Non-renewable</i>
Sunlight, wind, water	Oil, natural gas, coal