



**RAMAGYA SCHOOL, NOIDA**  
**IV/SCIENCE/JULY/2018-19**  
**OLYMPIAD PRACTICE WORKSHEET**

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**CONCEPT BASED QUESTIONS**

1. Which of the following nutrients protect our body from diseases?  
(a) Protein (b) Vitamins  
(c) Carbohydrate (d) Fats
2. The process of digestion begins in \_\_\_\_\_.  
(a) stomach (b) large intestine  
(c) small intestine (d) mouth
3. Which of the following fibers are obtained from the fleece of animals  
(a) Jute (b) Nylon  
(c) Cotton (d) Wool
4. A fabric is made of \_\_\_\_\_.  
(a) Yarn (b) Hair  
(c) Thread (d) Coir
5. The process of making yarn from fibres is called \_\_\_\_\_.  
(a) Weaving (b) Knitting  
(c) Spinning (d) Looming
6. Jute fibre is obtained from the \_\_\_\_\_ of the jute plant.  
(a) Stem (b) Flower  
(c) Leaves (d) Fruit
7. Which of the following is not a natural fabric?  
(a) Silk (b) Cotton  
(c) Nylon (d) Wool
8. What type of clothes are best suited for winter?  
(a) Woolen (b) Linen  
(c) Cotton (d) Polyester
9. The people who weave the clothes are called:  
(a) Clothes men (b) Workers  
(c) Tailors (d) Weavers

10. Cotton clothes are mostly used in \_\_\_\_\_ season.

- (a) Summer days
- (b) Rainy days
- (c) Cold days
- (d) Cloudy days

### **APPLICATION BASED QUESTIONS**

11. The fibers of some fabrics such as cotton, jute, silk and wool are obtained from plants and animals. These are called \_\_\_\_\_

- (a) Natural fibers
- (b) Rayon fiber
- (c) Artificial fibers
- (d) Nylon fiber

12. The types of clothes we wear depend on the:

- (a) Climate of the place
- (b) Season
- (c) Occasion
- (d) All a. , b. and c. are correct

13. A highly coiled tube in digestive system which helps in digestive system that absorbs 90 % of the nutrients from the food is known as \_\_\_\_\_.

- (a) Stomach
- (b) Small intestine
- (c) large intestine
- (d) lungs

14. In stomach food is broken down into simpler form with the help of \_\_\_\_\_.

- (a) Digestive juices
- (b) oxygen
- (c) blood
- (d) carbondioxide

15. The process of digestion of proteins begins in \_\_\_\_\_.

- (a) stomach
- (b) large intestine
- (c) small intestine
- (d) mouth

### **HOTS**

16. Roughage has no nutrient value but it is an important part of a balanced diet because \_\_\_\_\_.

- (a) it adds bulk to the food.
- (b) it helps us to get rid of undigested food with ease.
- (c) it has water holding capacity.
- (d) All of these.

17. Raju is feeling very hot on a summer day. He is sweating too much due to blazing sun. What clothes will keep him comfortable?

- (a) Woolen clothes
- (b) Nylon clothes
- (c) Silk clothes
- (d) Cotton clothes

18. Silk and woolen clothes are often damaged by:

- (a) Animals
- (b) Insects
- (c) Both a. and b. are correct
- (d) Flies

19. Why are light colored clothes better than dark colored clothes in summer?

(a) Light colors are good absorbers of heat

(b) Light colors are poor absorbers of heat

(c) Light colors are good emitters of heat

(d) All of the above

20. Which of the following is not a good source of proteins?

(a) Pulses

(b) Egg

(c) Rice

(d) Milk