

# VIDYA BHAWAN BALIKA VIDYA PITH

LAKHISARAI : 2021

CLASS = 4<sup>th</sup> A AND B

DATE= 17/06/20

SUBJECT= E V S

SUB: TEC: NAINA PASWAN

## CHAPTER 1: FOOD WE EAT

- For a healthy and complete meal what food item would you suggest write three names of each .

Vitamins and minerals	Carbohydrates
1. ....	1. ....
2. ....	2. ....
3. ....	3. ....
Proteins	Fats
1. ....	1. ....
2. ....	2. ....
3. ....	3. ....

## Value to learn

Food eating should be digested well and absorbed by our body. Then only we can stay healthy and grow strong . lets follows some good habit to keep our digestive system perfectly working .

- Get our get up early and drink a glass of water .
- Go for a morning walk , brisk walk or do exercise .
- Eat healthy food items always .
- Drink sufficient water .
- Avoid eating junk food .
- Eat food always in time.

**IN H.W. SAME WORK WRITE IN YOUR FAIR COPY.**