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CLASS = 4th A + B

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SUBJECT= EVS

SUB: TEC: NAINA PASWAN

CHAPTER ----. 01 (**FOOD WE EAT**)

1 : in this chapter , we will learn about food we eat.

2 : children's, read this chapter well at home after that that chapter will be explain well in front of you in Google meet again .

3 : after reading the chapter ,try to search hard word of this chapter in a side copy and also search it in the meaning dictionary.

Hint : **WORD BANK (LEARN IT IN H W)**

Nutrition : the components in food that help our body to survive grow and become strong

Carbohydrates : nutrition that give us energy to do work

Fats : nutrition that act as fuel to give us more energy and keep our body warm

Proteins nutrition that are needed for building muscles and growth and repair of our body

Vitamins nutrition that help in protecting our body from disease

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Mineral nutrition that help in the formation of bones blood and teeth

Roughage part of the body we get from plants that cannot be digested by our body

Balanced diet diet that contains all the nutrition tin balance amount together with roughage and water