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CLASS = 4th A + B

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SUBJECT= EVS

SUB: TEC: NAINA PASWAN

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

Dear, student as you may have read in a chapter our healthy body needs proper balance diet to run properly and from whom we will get that balance diet and what elements our body needs are few points telling you.

- All living things need food to survive and grow to get energy to work and play and to protect themselves from disease.
- Food contains component in it called nutrition the major nutrition found in our body are carbohydrates fats protein vitamin and Minerals.
- Besides nutrition roughage and water also from an important part of our body.
- Ragi has no food value but it helps in the proper functioning of the digestive system by removing wastes out of the body.
- Water is essential for proper functioning of our body.
- A balanced diet is important for proper growth and development of our body.
- We should not waste food and should follow some steps to reduce its wastage.
- Food wastage can also be reduced by preserving it and preventing it from getting spoiled. Drying, freezing, pickling, Canning and bottling are some ways of preserving food.

- **IN H.W ALL THIS POINTS LEARN AND WRITE**