

VIDYA BHAWAN BALIKA VIDYA PITH

LAKHISARAI : 2021

CLASS = 4th A + B

DATE :10/04/2021

SUBJECT= EVS

SUB: TEC: NAINA PASWAN

CHAPTER ---- FOOD WE EAT

Test yourself

Think and answer

A . write the correct answer (multiple choice question)

1.Which of the following give energy to our body?

A. Proteins B. Vitamins C. Carbohydrates

2. Which nutrients make us obese?

A. Fats B. Proteins. C. Minerals

3. Which nutrients help in repairing worn out cells ?

A. Fats. B. Vitamins C. Proteins

4. heart is divided into ----- Chambers.

B. Carrots. B. Milk C. Fish

5. 'Drying 'means removing of _____ from the food.

A. Minerals. B. Water C. Nutrients

- **IN H.W TODAY TRY ON YOUR BEHALF , TOMORROW I WILL GIVE YOU RIGHT ANSWER .**