

VIDYA BHAWAN BALIKA VIDYA PITH

LAKHISARAI : 2021

CLASS = 4th A + B

DATE :14/04/2021

SUBJECT= EVS_

FOOD WE EAT

sub tech.: naina paswan

D . Answer the following questions.

1. Why do we need food ?

Ans : we need food to survive and grow , to get energy , to work and play , and to protect themselves from disease.

2. what are the main nutrition in the food?

Ans : Main nutrition in the food are carbohydrates , fats , proteins vitamins, and , minerals.

3. why should we include roughage in our diet ?

Ans: we include roughage in our diet because it helps in the proper functioning of the digestive system by removing wastes out of the body.

4. what is a balanced diet?

Ans : a diet that contains all the nutrition example : proteins : fats carbohydrates : vitamins and minerals in right amount is called a balanced diet.

5. what are the various method of preservation of food?

Ans : the various methods of preserving of food are drying , freezing , pickling , Canning and bottling are some ways of preserving food

- IN H.W SAME WORK LEARN AND WRITE.