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CLASS - 4

SUBJECT - EVS

Based On NCERT

Date - 23/07/2020

Chapter - 1(Revise)

*** Food We Eat ***

1. Tick (✓) the correct answer :-

(i) Which of the following give energy to our body .

(a) Proteins ()

(b) Vitamins ()

(c) Carbohydrates (✓)

(ii) Which nutrients make us obese ?

(a) Fats (✓)

(b) Proteins ()

(c) Minerals ()

(iii) Which nutrients helps in repairing worn out cells .

(a) Fats ()

(b) Vitamins ()

(c) Proteins (✓)

(iv) Which one is a good source of roughage ?

(a) carrot (✓)

(b) milk ()

(c) fish ()

**(v) 'Drying 'means removing of
from the food .**

(a) Mineral ()

(b) Nutrients ()

(c) Water (✓)

Jyoti