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CLASS - 4

SUBJECT - EVS

Based On NCERT

Date - 25/07/2020

Chapter - 1(Revise)

** Food We Eat **

A. Choose the correct words .

(1) Fats give us **more energy** / **less energy** than carbohydrates .

(2) **Growing children** / **Old people** need lots of proteins .

(3) Roughage refer to the **fibres** / **minerals** in the food .

(4) **Water** / **Roughage** helps to maintain our body temperature .

(5) In deep freezing , food is kept at a very **high** / **law** temperature .

Jyoti