

Balika Vidyapith Lakhisarai (811311)

CLASS - 4

SUBJECT - EVS

Based On NCERT

Date - 27/07/2020

Chapter - 1(Revise)

*** Food We Eat ***

1. Answer the following questions .

(a) What are the main nutrients in the food .

Answer =

.....

(b) Why should we include roughage in our diet .

Answer

=

.....

(c) What is a balanced diet ?

Answer

=

.....

(d) What are the various methods of preservation of food ?

Answer

=
.....

Jyoti