

Date : 30/05/2020

Class Teacher – Sanju Shaw

Class : IV (A,B,C)

Subject: EVS

Ch : 01 Food We Eat

Dear students, I hope that all of you must have understood the whole lesson. Still I think there may be some grains which might have brought difficulties to prepare H/W copy. So, today you should be ready to write the answers-questions which have been given in your textbook exercise.

Write all the answer-questions in your H/W copy and Learn by heart.

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 ourselves from diseases.

2. What are the main nutrients in the food?

Ans : The main nutrients in the food are carbohydrates, fats, proteins, vitamins and minerals.

3. Why should we include roughage in our diet?

Ans : We should 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 nutrients – carbohydrates, fats, proteins, vitamins and minerals in right amount, is called a balanced diet.

5. What are the various methods of preservation of food?

Ans : The various methods of preservation of food are as follows:

- 1. Pickling**
- 2. Drying**
- 3. Canning and bottling**
- 4. Refrigeration**
- 5. Deep freezing.**