

**Balika Vidyapith Lakhisarai (811311)**

**CLASS - 4**

**SUBJECT - EVS**

**Based On NCERT**

**Date - 26/07/2020**

**Chapter - 1(Revise)**

**\* Food We Eat \***

**1. Give two sources of the following nutrients .**

**(a) Carbohydrates = ....., .....**

**(b) Fats = ....., .....**

**(c) Protein = ....., .....**

**(d) Vitamins = ....., .....**

**2. Answer the following questions .**

**(a) Why do we need food ?**

**Answer = .....**

.....

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**\*\*\*\*\***

**Jyoti**