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CLASS - 4

SUBJECT - EVS

Based On NCERT

Date - 29/08/2020

REVISION

A. Tick (✓) the correct answer .

1. Which of the following give energy to our body ?

(a) Proteins (b) Vitamins (c) Carbohydrates

2. Which nutrients make us obese ?

(a) Fats (b) Proteins (c) Minerals

3. Which nutrients help in repairing worn out cells ?

(a) Fats (b) Vitamins (c) Proteins

4. Which one is good source of roughage ?

(a) Carrot (b) Milk (c) Fish

**5. 'Drying' means removing of
from the food .**

(a) minerals (b) water (c) nutrients

B. Choose 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 fibre / minerals in the food .

4. Water / Roughage helps to maintain our body temperature .

5. In deep freezing , food is kept at a very high / low temperature .

HOMEWORK

JYOTI

