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Class :- 4 Subject - EVS

Based On NCERT

Date - 15/02/2021

Revision

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 refers 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 / low** temperature.

Jyoti