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Subject Teacher: Sanju Shaw

Class : IV (A,B,C)

Subject : EVS

Ch : 01 Food We Eat

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**Dear students,**

**Today, I am going to highlight an another nutrient – Fats. Here you will learn about fats and their sources. You will also learn about their harmful effects.**

### **Fats**

**Fats provide us more energy than carbohydrates. These are also energy-giving foods. Fats store in our body keep us warm. We should take fats in a limited quantity as they make us obese. Oil, ghee, butter, cream, cheese, etc. are some sources of fats.**

**Dear students, do you know, fats give us energy; but they also take toll from us? How does it happen? It happens when we add more fats in our daily diet. Try to think, why some persons become over weight. It is very simple that such**

persons utilize more fats, and they store in their body. So, avoid to add more fats in your diet.

**A. Answer the questions:**

- 1. What happens if you add more fats in your diet?**
- 2. What are the sources of fats?**

**B. Fill in the blanks:**

- 1. Fats store in our body keep us \_\_\_\_\_.**
- 2. We should take fats in a limited quantity as they make us \_\_\_\_\_.**

**Write and Learn (H / W)**

**A. Answer the questions:**

- 1. Why are carbohydrates called energy giving food?**

**Ans :Carbohydrates are called energy giving food because they give us energy to work and perform different activities.**

**2. In how many forms do we get carbohydrates?**

**We get carbohydrates in two forms: sugar and starch.**

**B. Write True or False**

**1. We should eat more than required quantity of carbohydrates.**

**Ans : False**

**2. Potato and rice are rich in carbohydrates.**

**Ans : True**