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Subject Teacher: Sanju Shaw

Class : IV (A,B,C)

Subject : EVS

Ch : 01 Food We Eat

Dear students, today I am going to discuss about another important nutrient – proteins. Here you will come to know about the needs of protein in your body.

Proteins

Proteins are also called **body–building foods** because they help our body to grow. Growing children need lots of proteins. Proteins also help in repairing worn out cells. **Pulses, milk, eggs, beans, peas, fish, meat,** etc., are rich in proteins.

Dear students, you should know that like carbohydrates and fats proteins are considered a major nutrient for the body due to the energy they provide. Proteins grow, maintain and replace the tissues in our bodies. **Keratin** is a type of protein that our **hair, nails and outer skin** is made off.

So, you should include protein rich foods – milk, pulses, eggs etc., in your diet everyday.

A. Answer the questions:

- 1. What foods are high in proteins?**
- 2. What is keratin?**

B. Multiple choice questions:

- 1. Which of the followings give more energy to our body?**
 - a) Proteins**
 - b) Carbohydrates**
- 2. Hair, nails and outer skin is made off**
 - a) Proteins**
 - b) Fats**

Write and Learn (H/W)

A. Answer the questions :

- 1. What happens if you add more fats in your diet?**

Ans : If we add more fats in our diet, we will become fat.

2. What are the sources of fats?

Ans : Oil, ghee, butter, cream, cheese etc., are some sources of fats.

B. Fill in the blanks:

1. Fats store in our body keep us warm.

2. We should take fats in a limited quantity as they make us obese.