

Date : 24/05/2020

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 our next nutrients as **vitamins and minerals.**

Vitamins and Minerals

Vitamins and minerals help us to fight against diseases and keep us healthy and strong. They help us to have good vision, healthy teeth, strong bones and glowing skin. They are also called protective foods. The main minerals required by our body are iron, calcium, sodium and potassium. Foods rich in vitamins and minerals are green leafy vegetables, fruits, milk and eggs.

Dear students, have you ever thought about your teeth; means how they will shine in your long life? It is obvious that you should start to get the food like milk, eggs, leafy vegetables etc., because they provide

vitamins and minerals. These are necessary for all the people ; whether they are **young** or **old**.

We need vitamins and minerals to help us grow, to see correctly, to form bones, muscles, skin and organs, as well as to help us **battle infection**. That's why, people are talking such type of foods; so that they can fight against **COVID- 19**.

A. Answer the questions:

- 1. Which foods are rich in vitamins and minerals?**
- 2. Which foods are called protective foods?**

B. Choose the correct words:

- 1. Fats give us more energy / less energy than carbohydrates.**
- 2. Growing children / Old people need lots of proteins.**

Write and Learn (H/W)

C. Answer the questions:

- 1. What foods are high in proteins?**

Ans : Milk, pulses, eggs, fish, beans, peas are high in proteins.

2. What is keratin?

Ans : Keratin is a type of protein that our hair, nails and outer skin is made off.

D. Multiple choice questions:

1. Which of the followings give more energy to our body?

- a) Proteins b) Carbohydrates**

Ans :Proteins

2. Hair, nails and outer skin is made off

- a) Proteins b) Fats**

Ans: Proteins.

