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Class : IV (A,B,C)

Subject : EVS

Ch : 01 Food We Eat

Dear students, you have already studied all the important nutrients; as carbohydrates, fats, proteins, vitamins and minerals. Beside these nutrients roughage and water also play an important role in our diets. So, let us start to study about roughage and water.

Roughage

Roughage refers to the **fibres** present in the food. It is **not digested** with the food but helps in easy bowel movement and keeps away the **constipation**. We should eat raw vegetables and fruits to get **roughage**.

Dear students, try to add such food items which are rich in roughage. Beans, brown rice, popcorn, nuts, baked potato with skin, berries, oatmeal and vegetables can be added in our daily diet.

Water

Water has an important role- play in our food. Drinking **6 to 8 glasses** of water everyday **maintains** our **body temperature**. We lose water in the form of **sweat, urine** and also when we **breathe** out. Water also helps in the digestion of food.

As you have studied that water is necessary to control our body temperature; so, you should drink water properly as you required; but be careful to save water. **Use water without any misuse.**

A. Choose the correct words:

- 1. Roughage refers to the fibres / minerals in the food.**
- 2. Water / Roughage helps to maintain our body temperature.**

B. Give two sources of the following nutrients:

- 1. Carbohydrates** _____
- 2. Fats** _____
- 3. Proteins** _____

4. Vitamins

Write and Learn (H/W)

A. Answer the questions:

1. Which foods are rich in vitamins and minerals

Ans : Foods rich in vitamins and minerals are green leafy vegetables, fruits, milk and eggs.

2. Which foods are called protective foods?

Ans : Vitamins and minerals are called protective foods.

B. Choose the correct words:

1. Fats give us more energy / less energy than carbohydrates.

Ans: more energy

2. Growing children / Old people need lots of proteins.

Ans : Growing children.