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Subject Teacher: Sanju Shaw

Class : IV (A,B,C)

Subject : EVS

Ch : 01 Food We Eat

Dear students, you have studied the necessity of water and roughage in daily diet. Now you will come to know about balanced diet.

A Balanced Diet

A diet that contains all the nutrients – proteins, carbohydrates, fats, vitamins and minerals in right amount is called a balanced diet.

Dear students, have you ever thought, why a balanced diet is necessary for human beings? It is very simple that a balanced diet keeps us away from different diseases. A balanced diet is good for your physical and mental health. It can reduce the risk of obesity, heart disease, diabetes, hypertension, depression and cancer. So, you should try to get balanced diet.

A. Answer the questions:

- 1. What is a balanced diet?**
- 2. What can reduce the risk of obesity?**

B. Write True or False:

- 1. A balanced diet increases the risk of heart disease.**
- 2. In a balanced diet we include all the nutrients.**

Write and Learn (H/W)

A. Choose the correct words:

- 1. Roughage refers to the fibres / minerals in the food.**

Ans : fibres

- 2. Water / Roughage helps to maintain our body temperature.**

Ans : Water

B. Give two sources of the following nutrients:

- | | | |
|-------------------------|----------------------|----------------------|
| 1. Carbohydrates | <u>Rice</u> | <u>Wheat</u> |
| 2. Fats | <u>Cream</u> | <u>Butter</u> |
| 3. Proteins | <u>Pulses</u> | <u>Beans</u> |
| 4. Vitamins | <u>Fruits</u> | <u>Milk.</u> |