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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**, now you are aware all the facts of balanced diet. Now you will understand how food is important for all the people whether they are rich or poor.

### **Wastage Of Food**

Food is important for the **survival** of all living beings. But, do you know, many people die each year because they are unable to get food? There are people in the world who **waste** food daily as it is like a fashion in their life. But there are lots of people who sleep **without having meal**, and when they wake up, they start to struggle to find food.

How does it happen? It happens because of the **wastage of food**. So, we should adopt some of the methods to stop **wasting of food**.

- Take small serving of **food** in your **plate**, which you think to eat.

- Store food items that can get spoil at room temperature in the **refrigerator**.
- If there is any function in your house, give the **leftover** food to an **orphanage**, house help or a **needy family**.
- Avoid cooking food in **large quantities** to reduce its **wastage**.

**A. Answer the questions:**

- 1. Write two methods to reduce the wastage of food?**
- 2. What is important for the survival of all living beings?**

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

**A. Answer the questions:**

- 1. What is a balanced diet?**

**Ans :** A diet that contains all the nutrients, is called a balanced diet.

- 2. What can reduce the risk of obesity?**

**Ans :** A balanced diet can reduce the risk of obesity.

**B. Write True or False:**

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