

Grade 4 EVS Worksheet 1: Major Nutrients in Our Food (Advanced Level)

Name: _____

Date: _____

Part 1: Multiple Choice Questions

(Choose the correct answer)

- 1. Which of the following nutrients helps the body absorb vitamins and minerals?**
 - a) Carbohydrates
 - b) Protein
 - c) Fats
 - d) Water
- 2. Which vitamin is needed for healthy bones and teeth and can be obtained from sunlight?**
 - a) Vitamin A
 - b) Vitamin C
 - c) Vitamin D
 - d) Vitamin B12
- 3. What is the primary function of protein in the human body?**
 - a) To store energy
 - b) To regulate body temperature
 - c) To build and repair tissues
 - d) To provide hydration
- 4. Which of these foods is a rich source of omega-3 fatty acids, which are essential for heart health?**
 - a) Beef
 - b) Salmon
 - c) Rice
 - d) Apples

5. **Which of the following foods is a good source of Vitamin K, which is necessary for proper blood clotting?**
- a) Spinach
 - b) Carrots
 - c) Bananas
 - d) Milk
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Part 2: Fill in the Blanks

(Write the correct word in the blank)

1. _____ are important for keeping our digestive system working properly and are found in fruits, vegetables, and whole grains.
 2. _____ is a mineral that helps transport oxygen in our blood, and you can find it in foods like spinach and red meat.
 3. _____ help control body functions, regulate metabolism, and fight infections. They are found in small amounts in fruits and vegetables.
 4. _____ are made up of amino acids and are needed to build muscles, skin, and other body tissues.
 5. _____ is the most important nutrient for hydration and helps regulate body temperature.
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Part 3: True or False

(Read the statement and circle True or False)

1. Fats are not needed by the body and should be avoided. (True / False)
 2. Vitamin C is important for the repair of tissues and helps the body absorb iron from plant-based foods. (True / False)
 3. Proteins are not necessary for children as they are already growing and developing. (True / False)
 4. Carbohydrates are the main source of energy for the body and are found in foods like rice, pasta, and bread. (True / False)
 5. Eating too many fruits and vegetables can cause health problems due to excessive vitamins and minerals. (True / False)
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Part 4: Short Answer

1. **What are the differences between simple carbohydrates and complex carbohydrates? Provide one example of each.**

2. **How do vitamins and minerals work together to maintain overall health?**

3. **What is the role of calcium in our body, and what food is a good source of it?**

4. **What happens if we do not get enough protein in our diet?**

5. **Why do we need water in our diet even though it doesn't provide energy?**

Part 5: Match the Nutrient to Its Function

(Match the nutrient with its correct function)

1. **Vitamin A**
2. **Protein**
3. **Carbohydrates**
4. **Iron**
5. **Water**

- a) Builds and repairs tissues
- b) Helps oxygen circulate in the blood
- c) Hydrates the body and regulates body temperature
- d) Provides energy for the body
- e) Supports vision and immune function

Part 6: Nutrient Sources

Answer the following questions by listing foods that are good sources of each nutrient.

1. List three good sources of Vitamin C.

2. What foods provide healthy fats?

3. Name two foods that are high in protein.

4. List three foods that are rich in fiber.

Part 7: Nutrient Functions

Explain the role of the following nutrients in your body:

1. Carbohydrates

2. Fats

3. Vitamins

4. Minerals

5. Water

Part 8: Draw and Label

Draw a balanced meal that includes at least one food source from each nutrient category: protein, carbohydrates, healthy fats, vitamins, and minerals. Label the foods and the nutrients they provide.

--BE THE CHAMPION!--