

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

Name: _____

Date: _____

Part 1: Multiple Choice Questions

(Choose the correct answer)

1. **Which of these is a good source of carbohydrates?**
 - a) Apple
 - b) Chicken
 - c) Rice
 - d) Cheese
2. **Which nutrient helps build and repair muscles?**
 - a) Carbohydrates
 - b) Proteins
 - c) Fats
 - d) Vitamins
3. **Which of these helps keep our bones strong?**
 - a) Protein
 - b) Minerals
 - c) Carbohydrates
 - d) Fats
4. **Where do we get Vitamin A from?**
 - a) Milk
 - b) Carrots
 - c) Bread
 - d) Fish
5. **Which food is a good source of healthy fats?**
 - a) Fish

- b) Rice
 - c) Oranges
 - d) Pasta
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Part 2: Fill in the Blanks

1. _____ helps our body get energy. It is found in foods like bread, rice, and potatoes.
 2. _____ help our body grow and stay strong. You can find them in meat, beans, and eggs.
 3. _____ provide energy and help store vitamins. They are found in foods like nuts, butter, and oils.
 4. _____ help our body stay healthy. They are found in fruits, vegetables, and dairy products.
 5. _____ helps our body stay hydrated and supports digestion. It is important to drink plenty of water every day.
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Part 3: True or False

(Read the statement and write True or False)

1. Carbohydrates are only found in fruits and vegetables. (True / False)
 2. Protein helps our body build muscles. (True / False)
 3. Fat is unhealthy and should be avoided. (True / False)
 4. Water helps in digestion and keeps us hydrated. (True / False)
 5. Vitamins help our body fight sickness. (True / False)
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Part 4: Short Answer

1. **Why do we need carbohydrates in our diet?**

2. **Name one food that contains protein.**

3. **Why is fat important for our body?**

4. **How can we get Vitamin D from food?**

5. **What is the role of water in our body?**

Part 5: Draw and Label

Draw a plate of healthy food that includes at least three different nutrients (carbs, protein, vitamins, etc.). Label each part of your plate.

--BE THE CHAMPION!--