

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

Name: _____

Date: _____

Part 1: Multiple Choice Questions

(Choose the correct answer)

- 1. Which nutrient is important for keeping our bones and teeth strong?**
 - a) Protein
 - b) Carbohydrates
 - c) Calcium
 - d) Vitamins
- 2. What is the main function of carbohydrates in our body?**
 - a) To build muscles
 - b) To provide energy
 - c) To help our body fight illness
 - d) To protect our organs
- 3. Which of the following foods is a good source of Vitamin C?**
 - a) Apples
 - b) Carrots
 - c) Oranges
 - d) Eggs
- 4. Which nutrient helps our body repair damaged cells and tissues?**
 - a) Protein
 - b) Fats
 - c) Water
 - d) Vitamins
- 5. Which of the following is a healthy fat source?**
 - a) Butter
 - b) Olive oil

- c) Candy
 - d) Chips
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Part 2: Fill in the Blanks

(Write the correct word in the blank)

1. _____ is needed for our body to fight infections and stay healthy. You can get it from fruits and vegetables.
 2. _____ are the building blocks of our body. Foods like meat, eggs, and beans are rich in this nutrient.
 3. _____ are needed to keep our body hydrated and to help in digestion. We should drink plenty of this every day.
 4. _____ are found in foods like rice, pasta, and bread. They give us energy to do daily activities.
 5. _____ help protect our organs and give us long-lasting energy. You can find them in nuts, seeds, and fish.
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Part 3: True or False

(Read the statement and circle True or False)

1. Fats are important for keeping our organs safe and provide energy. (True / False)
 2. Carbohydrates are found only in fruits and vegetables. (True / False)
 3. Protein helps our body grow and repair muscles. (True / False)
 4. Water helps carry nutrients in our body and keeps us hydrated. (True / False)
 5. Eating too much protein is good for your health. (True / False)
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Part 4: Short Answer

1. **Why is it important to have a balanced diet that includes all nutrients?**

2. **What is one food that provides calcium?**

3. **How do fats help our body?**

4. **What can happen if we don't drink enough water?**

5. **Give an example of a food that provides Vitamin A and explain why it's good for you.**

Part 5: Match the Food to the Nutrient

(Match the food with the correct nutrient)

1. **Salmon**
2. **Spinach**
3. **Rice**
4. **Milk**
5. **Almonds**

- a) Calcium
- b) Protein
- c) Healthy fats
- d) Carbohydrates
- e) Vitamins

Part 6: Nutrient Categories

Classify the following foods under the correct nutrient category: Carbohydrates, Protein, Fats, Vitamins, or Water

- Eggs
- Orange
- Butter
- Potato
- Milk

Part 7: Draw and Label

Draw a picture of a healthy meal that includes foods from at least three different nutrient categories (Carbs, Protein, Vitamins, etc.). Label the nutrients you included in the meal.

--BE THE CHAMPION!--