

## Grade 4 EVS Worksheet 2: Major Nutrients in Our Food (Advanced Level)

Name: \_\_\_\_\_

Date: \_\_\_\_\_

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### Part 1: Multiple Choice Questions

(Choose the correct answer)

- 1. Which of the following nutrients is important for maintaining healthy skin, hair, and nails?**
  - a) Protein
  - b) Vitamins
  - c) Fats
  - d) Carbohydrates
- 2. Which of these foods is an excellent source of dietary fiber, which helps digestion?**
  - a) Chicken
  - b) Rice
  - c) Beans
  - d) Cheese
- 3. Which vitamin is essential for preventing night blindness and promoting healthy eyesight?**
  - a) Vitamin D
  - b) Vitamin A
  - c) Vitamin K
  - d) Vitamin B12
- 4. What is the role of iron in our body?**
  - a) Helps the body absorb calcium
  - b) Carries oxygen in the blood
  - c) Provides energy
  - d) Helps bones grow

5. **Which nutrient is necessary for proper muscle function and can be found in foods like bananas and potatoes?**
- a) Protein
  - b) Potassium
  - c) Iron
  - d) Fats
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## **Part 2: Fill in the Blanks**

(Write the correct word in the blank)

1. \_\_\_\_\_ are the building blocks of our body and are essential for growth and repair. You can get them from foods like meat, beans, and tofu.
  2. \_\_\_\_\_ help to protect our organs and provide energy. Foods like avocado, nuts, and olive oil are good sources.
  3. \_\_\_\_\_ are necessary for energy and can be found in foods like bread, rice, and potatoes.
  4. \_\_\_\_\_ help fight infections and help our body heal. Vitamin C, found in citrus fruits, is an example.
  5. \_\_\_\_\_ is the most important nutrient for digestion and hydration. We should drink enough of it every day.
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## **Part 3: True or False**

(Read the statement and circle True or False)

1. Protein helps the body grow and repair tissues. (True / False)
  2. Carbohydrates provide the body with energy, but we should avoid them to stay healthy. (True / False)
  3. Fats are unhealthy and should be completely avoided in our diet. (True / False)
  4. Iron is important for carrying oxygen in the blood. (True / False)
  5. Water is needed by the body for digestion, hydration, and to help regulate body temperature. (True / False)
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## **Part 4: Short Answer**

1. **What are two differences between fat-soluble and water-soluble vitamins?**

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2. **Why are carbohydrates an important part of a balanced diet?**

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3. **How does Vitamin D help the body, and where can you find it?**

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4. **What are two foods that are high in fiber, and why is fiber important for our health?**

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5. **Why is it important to eat a variety of foods that provide different nutrients?**

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### **Part 5: Match the Nutrient to Its Function**

(Match the nutrient with its function)

1. **Iron**
2. **Vitamin C**
3. **Calcium**
4. **Fats**
5. **Carbohydrates**

- a) Provides energy to the body
- b) Supports healthy teeth and bones
- c) Helps absorb iron and heals wounds
- d) Helps carry oxygen in the blood
- e) Protects organs and provides energy

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### **Part 6: Nutrient Sources**

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

1. List three foods that are rich in protein.

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2. What are three foods high in Vitamin A?

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3. Name three good sources of healthy fats.

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4. List three foods that provide carbohydrates.

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5. What are two foods that are rich in Vitamin C?

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## Part 7: Nutrient Functions

Explain the role of the following nutrients in your body:

1. Protein

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2. Vitamins

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3. Minerals

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4. Water

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5. Carbohydrates

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## **Part 8: Draw and Label**

**Draw a well-balanced plate that includes at least one food from each of the following nutrient categories: protein, carbohydrates, healthy fats, vitamins, and minerals. Label the foods and the nutrients they provide.**

**--BE THE CHAMPION!--**