

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

Name: _____

Date: _____

Part 1: Multiple Choice Questions

(Choose the correct answer)

1. **What nutrient is found in rice and bread?**
 - a) Protein
 - b) Carbohydrates
 - c) Fats
 - d) Vitamins
2. **Which of these is a good source of protein?**
 - a) Chicken
 - b) Banana
 - c) Apple
 - d) Rice
3. **Which nutrient helps keep our skin and eyes healthy?**
 - a) Carbohydrates
 - b) Proteins
 - c) Vitamins
 - d) Fats
4. **What nutrient helps our body stay hydrated?**
 - a) Protein
 - b) Water
 - c) Vitamins
 - d) Fats
5. **Which of these foods is rich in fats?**
 - a) Carrots
 - b) Fish

- c) Rice
 - d) Milk
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Part 2: Match the Food to the Nutrient

(Match the food with the correct nutrient)

1. **Eggs**
2. **Spinach**
3. **Rice**
4. **Olive oil**
5. **Banana**

- a) Carbohydrates
 - b) Protein
 - c) Fats
 - d) Vitamins
 - e) Minerals
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Part 3: Fill in the Blanks

(Complete the sentences by filling in the blanks)

1. _____ helps our body grow and repair tissues. You can find it in foods like meat, eggs, and beans.
 2. _____ gives us energy and is found in foods like bread, pasta, and potatoes.
 3. _____ help keep our skin, eyes, and immune system healthy. You can find them in fruits and vegetables.
 4. _____ are needed to keep our bones and teeth strong. You can get them from milk, cheese, and leafy greens.
 5. _____ is essential for keeping us hydrated. We should drink it throughout the day.
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Part 4: True or False

(Read the statement and circle True or False)

1. Carbohydrates help build muscles. (True / False)
 2. Water is important for keeping our body cool and hydrated. (True / False)
 3. Proteins provide energy to our body. (True / False)
 4. Fats should be eaten in large amounts for a healthy diet. (True / False)
 5. Vitamins help our body stay healthy and fight sickness. (True / False)
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Part 5: Answer the Questions

1. **Why is it important to eat different types of nutrients?**

2. **Name two foods that give you carbohydrates.**

3. **Why do we need fats in our diet?**

4. **What is one vitamin-rich food that helps protect our body from sickness?**

Part 6: Draw and Label

Draw a picture of a healthy snack that includes at least two nutrients (for example: a fruit with protein or a veggie with carbohydrates). Label the nutrients you drew.

--BE THE CHAMPION!--