

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

Name: _____

Date: _____

Part 1: Multiple Choice Questions

(Choose the correct answer)

- 1. Which of these is the best source of protein?**
 - a) Banana
 - b) Chicken
 - c) Carrot
 - d) Bread
- 2. Which nutrient is important for keeping our skin and eyes healthy?**
 - a) Vitamin A
 - b) Protein
 - c) Carbohydrates
 - d) Water
- 3. What is the main role of fats in our diet?**
 - a) To build muscles
 - b) To provide energy and protect organs
 - c) To help digestion
 - d) To keep our bones strong
- 4. Which of these foods is rich in Vitamin C?**
 - a) Eggs
 - b) Oranges
 - c) Potatoes
 - d) Fish
- 5. Which nutrient is needed to keep our bones and teeth strong?**
 - a) Vitamin D
 - b) Carbohydrates

- c) Protein
 - d) Calcium
-

Part 2: Fill in the Blanks

(Write the correct word in the blank)

1. _____ are found in fruits and vegetables and help our body fight illness.
 2. _____ provide energy for daily activities and are found in foods like pasta and bread.
 3. _____ help build muscles and are found in foods like meat, beans, and fish.
 4. _____ is important for keeping our body hydrated and helps in digestion.
 5. _____ are found in foods like fish and nuts and help protect our organs.
-

Part 3: True or False

(Read the statement and circle True or False)

1. Carbohydrates help our body grow and repair muscles. (True / False)
 2. Proteins are found in foods like eggs and beans and help our body build muscles. (True / False)
 3. Fats are unhealthy and should be avoided completely. (True / False)
 4. Water helps to keep our body hydrated and aids in digestion. (True / False)
 5. Vitamin D is needed to help our body absorb calcium and keep bones strong. (True / False)
-

Part 4: Short Answer

1. **Why do we need Vitamin A in our diet?**

2. **Name two foods that provide protein.**

3. **Why is it important to eat a variety of different foods?**

4. **How does water help our body function properly?**

5. **Give an example of a food that provides healthy fats and explain why it is good for you.**

Part 5: Match the Nutrient to the Food

(Match the food with the correct nutrient)

1. **Fish**
2. **Carrots**
3. **Rice**
4. **Milk**
5. **Almonds**

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

Part 6: Nutrient Functions

Answer the following questions:

1. **What does protein do for our body?**

2. **What are carbohydrates used for in our body?**

3. **Why is it important to include fats in our diet?**

4. **What role do vitamins play in our body?**

5. **Why should we drink water regularly?**

Part 7: Draw and Label

Draw a healthy plate of food that includes at least one source of protein, carbohydrates, vitamins, and fats. Label the nutrients in your drawing.

--BE THE CHAMPION!--