

Grade 4 EVS Worksheet 3 : Major Nutrients in Our Food (Easy Level)

Name: _____

Date: _____

Part 1: Circle the Correct Answer

(Choose the correct answer)

1. **Which food is rich in protein?**
 - a) Carrot
 - b) Fish
 - c) Apple
 - d) Bread
2. **What nutrient helps our body heal and grow?**
 - a) Carbohydrates
 - b) Proteins
 - c) Fats
 - d) Water
3. **Where can we get Vitamin C from?**
 - a) Oranges
 - b) Chicken
 - c) Rice
 - d) Cheese
4. **Which of the following is a source of healthy fats?**
 - a) Ice cream
 - b) Avocado
 - c) Cookies
 - d) Chips
5. **What nutrient helps our body stay hydrated?**
 - a) Vitamins

- b) Fats
 - c) Water
 - d) Carbohydrates
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Part 2: Fill in the Blanks

(Write the correct word in the blank)

1. _____ are important for our body to grow and repair muscles. They are found in foods like meat, beans, and eggs.
 2. _____ give us energy and are found in foods like pasta, rice, and potatoes.
 3. _____ help our body stay healthy and strong. They are found in fruits, vegetables, and dairy products.
 4. _____ help protect our organs and provide long-lasting energy. You can get them from nuts, seeds, and oils.
 5. _____ helps keep our body cool and carries nutrients. We need to drink lots of it every day.
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Part 3: True or False

(Read the statement and write True or False)

1. Carbohydrates are found in fruits and vegetables. (True / False)
 2. Proteins are needed to keep our skin healthy. (True / False)
 3. Fats are only found in unhealthy foods. (True / False)
 4. Water is important for digestion and keeping our body cool. (True / False)
 5. Vitamins help our body grow strong and fight illness. (True / False)
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Part 4: Match the Food to the Nutrient

(Match the food with the correct nutrient)

1. **Milk**
2. **Chicken**
3. **Apple**
4. **Rice**
5. **Olive oil**

- a) Carbohydrates
 - b) Protein
 - c) Vitamins
 - d) Fats
 - e) Calcium
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Part 5: Answer the Questions

1. **What is one food that contains protein?**

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

3. **Name a food that contains healthy fats.**

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

5. **Why is it important to drink water every day?**

Part 6: Draw and Label

Draw a plate with a healthy meal that includes at least three different nutrients. Label the foods with the nutrients they provide.

--BE THE CHAMPION!--