

## Grade 4 EVS Worksheet 3: 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 the growth and repair of body tissues?**
  - a) Carbohydrates
  - b) Protein
  - c) Fats
  - d) Vitamins
- 2. Which vitamin helps our body absorb calcium to keep our bones healthy?**
  - a) Vitamin A
  - b) Vitamin C
  - c) Vitamin D
  - d) Vitamin B12
- 3. Which food is a good source of fiber, which helps with digestion?**
  - a) Chicken
  - b) Apple
  - c) Cheese
  - d) Potato chips
- 4. Which nutrient is essential for proper hydration and maintaining body temperature?**
  - a) Water
  - b) Carbohydrates
  - c) Fats
  - d) Protein
- 5. Which of the following foods is rich in healthy fats, beneficial for heart health?**

- a) Avocados
  - b) White bread
  - c) Carrots
  - d) Apples
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## Part 2: Fill in the Blanks

(Write the correct word in the blank)

1. \_\_\_\_\_ are important for providing energy and can be found in foods like rice, bread, and pasta.
  2. \_\_\_\_\_ helps to protect our organs and can be found in foods like olive oil, nuts, and fish.
  3. \_\_\_\_\_ are required to build muscles and repair body tissues. They are found in foods like meat, beans, and eggs.
  4. \_\_\_\_\_ is needed for good vision, and we can find it in foods like carrots and spinach.
  5. \_\_\_\_\_ helps the body heal and fight infections. Foods like oranges and strawberries contain this nutrient.
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## Part 3: True or False

(Read the statement and circle True or False)

1. Vitamins are only found in vegetables and fruits. (True / False)
  2. Carbohydrates provide energy for the body. (True / False)
  3. Healthy fats are not needed by the body and should be avoided. (True / False)
  4. Water is the most important nutrient for hydration. (True / False)
  5. Protein is important for building and repairing body tissues. (True / False)
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## Part 4: Short Answer

1. **What are the two main types of carbohydrates, and how are they different?**

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2. **What is the role of calcium in our body, and which foods provide it?**

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3. **How does Vitamin D help our body?**

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4. **What can happen if we don't get enough water each day?**

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5. **Why is it important to get a variety of vitamins and minerals in your diet?**

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

(Match the nutrient with its best food source)

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

- a) Chicken
- b) Broccoli
- c) Bread
- d) Milk
- e) Spinach

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### **Part 6: Nutrient Functions**

**Answer the following questions about the role of nutrients in your body:**

1. **What is the primary function of carbohydrates in the body?**

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2. **Why are proteins necessary for growth and repair?**

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3. **How do fats support our body's functions?**

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4. **What are the benefits of consuming fiber in our diet?**

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5. **How does water help in digestion and nutrient absorption?**

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## **Part 7: Nutrient Sources**

**List three foods that are good sources of each of the following nutrients.**

1. **Vitamin A**

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2. **Vitamin C**

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3. **Iron**

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4. **Protein**

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5. **Fiber**

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

**Draw a balanced meal 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!--**