

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

Name: _____

Date: _____

Part 1: Multiple Choice Questions

(Choose the correct answer)

- 1. Which nutrient is important for building muscles and repairing tissues?**
 - a) Fats
 - b) Protein
 - c) Carbohydrates
 - d) Water
- 2. Which of the following foods is a rich source of Vitamin A?**
 - a) Carrots
 - b) Rice
 - c) Bread
 - d) Fish
- 3. What is the main function of carbohydrates in our body?**
 - a) To help our body heal
 - b) To provide energy
 - c) To protect our organs
 - d) To fight infections
- 4. Which of the following is a good source of water for hydration?**
 - a) Milk
 - b) Chicken
 - c) Apple
 - d) Cucumber
- 5. Which food contains healthy fats that help protect our organs?**
 - a) Olive oil
 - b) Candy
 - c) Rice

- d) Chips
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Part 2: Fill in the Blanks

(Write the correct word in the blank)

1. _____ is important for our bones and teeth. You can find it in dairy products like milk and cheese.
 2. _____ are found in foods like fruits and vegetables, and they help our body stay healthy.
 3. _____ are needed for energy and are found in foods like bread, pasta, and rice.
 4. _____ helps keep our body hydrated and is essential for digestion.
 5. _____ helps our body store energy and protect our organs. You can find it in foods like nuts and fish.
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Part 3: True or False

(Read the statement and circle True or False)

1. Vitamin C helps our body heal cuts and stay healthy. (True / False)
 2. Water is not necessary for our health, so we can drink only when we feel thirsty. (True / False)
 3. Protein is important for growing muscles and repairing tissues. (True / False)
 4. Carbohydrates are found in vegetables and are important for digestion. (True / False)
 5. Fats help store energy and protect our body's organs. (True / False)
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Part 4: Short Answer

1. **What is the role of protein in our body?**

2. **Why should we include carbohydrates in our diet?**

3. Name two foods that provide healthy fats.

4. Why do we need vitamins in our diet?

5. What happens if we don't drink enough water?

Part 5: Match the Nutrient to the Food

(Match the food with the correct nutrient)

1. Cheese
2. Spinach
3. Rice
4. Almonds
5. Orange

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

Part 6: Nutrient Functions

Answer the following questions:

1. What are two main functions of carbohydrates?

2. What does protein do to help our body grow and stay healthy?

3. Why is Vitamin A important for our body?

4. How do healthy fats protect our body?

5. What role does water play in keeping us healthy?

Part 7: Draw and Label

Draw a plate with a balanced meal that includes foods from at least three different nutrient groups (carbohydrates, protein, vitamins, healthy fats). Label the nutrients in your drawing.

--BE THE CHAMPION!--