

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

Name: _____

Date: _____

Part 1: Circle the Correct Answer

(Choose the correct answer)

- 1. Which food is a good source of protein?**
 - a) Banana
 - b) Chicken
 - c) Bread
 - d) Carrot
- 2. What nutrient helps our body heal and grow?**
 - a) Carbohydrates
 - b) Protein
 - c) Fats
 - d) Water
- 3. Which of the following foods is rich in vitamins?**
 - a) Broccoli
 - b) Chicken
 - c) Rice
 - d) Cheese
- 4. Which nutrient helps our body get energy for activities?**
 - a) Fats
 - b) Protein
 - c) Carbohydrates
 - d) Water
- 5. Which of these foods is a good source of healthy fats?**
 - a) Butter
 - b) Fish
 - c) Apple

- d) Bread
-

Part 2: Fill in the Blanks

(Write the correct word in the blank)

1. _____ gives our body energy and is found in foods like rice and potatoes.
 2. _____ help our body grow and repair muscles. You can find them in eggs, meat, and beans.
 3. _____ are found in fruits and vegetables and help our body stay healthy.
 4. _____ help protect our organs and keep our body warm. They are found in foods like butter and oils.
 5. _____ helps our body stay hydrated. We should drink it every day.
-

Part 3: True or False

(Read the statement and circle True or False)

1. Carbohydrates are needed to give us energy. (True / False)
 2. Protein is important for building muscles and repairing tissues. (True / False)
 3. Fats are not needed in our diet. (True / False)
 4. Vitamins are found in fruits and vegetables and help our body stay healthy. (True / False)
 5. Drinking water is not important for our health. (True / False)
-

Part 4: Match the Food to the Nutrient

(Match the food with the correct nutrient)

1. **Chicken**
2. **Rice**
3. **Spinach**
4. **Olive oil**
5. **Carrot**

- a) Carbohydrates
- b) Protein

- c) Healthy fats
 - d) Vitamins
 - e) Minerals
-

Part 5: Short Answer

1. **Why is it important to eat a variety of nutrients?**

2. **What is one food that provides carbohydrates?**

3. **Why is protein important for our body?**

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

5. **Name one food that gives you vitamins.**

Part 6: Draw and Label

Draw a picture of a healthy plate with foods that include at least two nutrients (carbs, protein, vitamins, etc.) and label the nutrients.

--BE THE CHAMPION!--