

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

Name: _____

Date: _____

Part 1: Multiple Choice Questions

(Choose the correct answer)

- 1. Which of the following nutrients is important for maintaining strong teeth and bones?**
 - a) Vitamin A
 - b) Vitamin D
 - c) Iron
 - d) Carbohydrates
- 2. Which food is a rich source of healthy fats that can help improve brain function?**
 - a) Avocados
 - b) White bread
 - c) Ice cream
 - d) Rice
- 3. Which nutrient is essential for producing red blood cells and transporting oxygen throughout the body?**
 - a) Calcium
 - b) Protein
 - c) Iron
 - d) Vitamin C
- 4. Which of the following nutrients is important for the proper functioning of the nervous system?**
 - a) Protein
 - b) Carbohydrates
 - c) Vitamin B12
 - d) Fiber

5. **Which of these foods is a good source of dietary fiber that aids in digestion?**

- a) Chicken
 - b) Spinach
 - c) Apples
 - d) Butter
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Part 2: Fill in the Blanks

(Write the correct word in the blank)

1. _____ are the body's main source of energy and can be found in foods like pasta, rice, and bread.
 2. _____ help the body absorb vitamins and provide energy, and they are found in foods like nuts and fish.
 3. _____ help with immune system function and healing. You can find them in citrus fruits and bell peppers.
 4. _____ helps the body maintain healthy teeth and bones. Foods like milk, cheese, and leafy greens are good sources.
 5. _____ helps the body stay hydrated and supports many body functions like digestion.
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Part 3: True or False

(Read the statement and circle True or False)

1. Proteins are necessary for the growth and repair of body tissues. (True / False)
 2. Fats are essential for energy and storing vitamins, so they should be avoided in a healthy diet. (True / False)
 3. Vitamin C is important for the body to absorb iron and helps protect cells. (True / False)
 4. Carbohydrates are the body's primary source of energy. (True / False)
 5. Water is important for digestion and keeping the body temperature regulated. (True / False)
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Part 4: Short Answer

1. **What is the difference between fat-soluble vitamins and water-soluble vitamins? Give one example of each.**

2. **How does vitamin D help the body, and which foods can you find it in?**

3. **What is the role of iron in the body, and why is it important to include iron-rich foods in our diet?**

4. **Why is water important, and what are some ways we can make sure we are drinking enough?**

5. **What is the role of fiber in digestion, and which foods are high in fiber?**

Part 5: Match the Nutrient to Its Function

(Match the nutrient with its correct function)

1. **Calcium**
2. **Vitamin A**
3. **Iron**
4. **Carbohydrates**
5. **Fiber**

- a) Provides energy
- b) Protects eyesight and supports immune function
- c) Supports bone and teeth health
- d) Helps in the production of red blood cells
- e) Helps with digestion and regulates bowel movements

Part 6: Nutrient Sources

Answer the following questions by listing foods that are good sources of each nutrient.

1. List three good sources of Vitamin C.

2. What are three foods that provide healthy fats?

3. List three foods that are high in protein.

4. Name three foods that are rich in calcium.

5. What are two foods that provide a good amount of fiber?

Part 7: Nutrient Functions

Explain the role of the following nutrients in your body:

1. Carbohydrates

2. Protein

3. Fats

4. Vitamins

5. Water

Part 8: Draw and Label

Draw a healthy, balanced meal that includes at least one food from each nutrient category: protein, carbohydrates, healthy fats, vitamins, and minerals. Label the foods and the nutrients they provide.

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