

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

Name: _____

Date: _____

Part 1: Multiple Choice Questions

(Choose the correct answer)

- 1. Which nutrient helps our body fight off illness and heal wounds?**
 - a) Carbohydrates
 - b) Protein
 - c) Vitamins
 - d) Fats
- 2. Which of these foods is a good source of Vitamin C?**
 - a) Carrot
 - b) Banana
 - c) Orange
 - d) Rice
- 3. Which nutrient is important for giving us energy?**
 - a) Vitamins
 - b) Protein
 - c) Carbohydrates
 - d) Water
- 4. Which of the following foods is rich in calcium?**
 - a) Milk
 - b) Chicken
 - c) Apple
 - d) Fish
- 5. Which nutrient helps to store energy and protect organs?**
 - a) Fats
 - b) Carbohydrates
 - c) Protein

- d) Water
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Part 2: Fill in the Blanks

(Write the correct word in the blank)

1. _____ help our body stay hydrated, and we need to drink plenty of it every day.
 2. _____ are the building blocks of our muscles and help our body grow.
 3. _____ provide us with energy and are found in foods like bread, pasta, and rice.
 4. _____ are found in fruits and vegetables and help our body stay healthy.
 5. _____ are found in foods like cheese and help our bones stay strong.
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Part 3: True or False

(Read the statement and circle True or False)

1. Protein is found in foods like meat and helps build muscles. (True / False)
 2. Fats provide energy and help store vitamins in the body. (True / False)
 3. Vitamins are only needed by children, not adults. (True / False)
 4. Water is important because it helps digestion and keeps us hydrated. (True / False)
 5. Carbohydrates are found in vegetables and provide our body with energy. (True / False)
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Part 4: Short Answer

1. **Why is Vitamin A important for our health?**

2. **Give two examples of foods that are good sources of protein.**

3. **What is one benefit of drinking plenty of water?**

4. **Why do we need to eat carbohydrates in our diet?**

5. **What do healthy fats do for our body?**

Part 5: Match the Food to the Nutrient

(Match the food with the correct nutrient)

1. **Eggs**
2. **Banana**
3. **Olive oil**
4. **Spinach**
5. **Yogurt**

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

Part 6: Nutrient Functions

Answer the following questions:

1. **What do proteins do for our body?**

2. **Why is it important to eat fats in moderation?**

3. **What do vitamins help us do?**

4. What role do carbohydrates play in our diet?

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

Part 7: Draw and Label

Draw a plate with a healthy meal that includes at least one food from each of the following categories: carbohydrates, protein, vitamins, and fats. Label the foods and the nutrients they provide.

--BE THE CHAMPION!--