



# INDIAN SCHOOL

( RUN BY GYAN ASHA EDUCATIONAL SOCIETY )

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NEAR S.E.C.L. OFFICE, KELOVIHAR, ATTARMUDA, RAIGARH(C.G.)

## WORKSHEET

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SUBJECT : E.VS

CLASS : IV

1. Match each food to the nutrient it contains.



carbohydrates

fats

proteins

vitamins and minerals



Tomatoes

Cauliflower

Carrots



Bread

Cereals

Pasta



LEAN BEEF

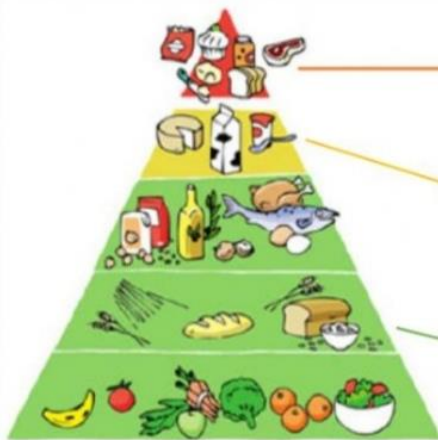
CHICKEN

WHITE FISH

2. Choose the correct nutrient to complete the definitions.

- help us to stay healthy.
- help us grow. They make your hair and nails grow. They also repair body tissues.
- build a store of extra energy for when we need it.
- give us energy to run, ride a bike and study.

3. Complete these sentences about the food pyramid.



The food on this level is \_\_\_\_\_ because it has lots of \_\_\_\_\_. Eat it in special occasions.

The food on this level is essential but in \_\_\_\_\_ quantities. Eat a little of it everyday.

The food on these levels \_\_\_\_\_ essential for good health. Eat some everyday!

