

Chapter – 4 Food We Eat Exercise
Class – 4
E.V.S





A. Multiple Choice Questions (MCQs).

Choose the correct answer from the following:





1. Pulses are the good source of

a. fats

b. proteins

c. carbohydrates

2. The best source of fat is

a. butter

b. fish

c. apple

3. Vitamins are called the

a. energy giving food

b. body building food

c. protective food



4. Carbohydrates are essential for

a. teeth and bones

b. growth

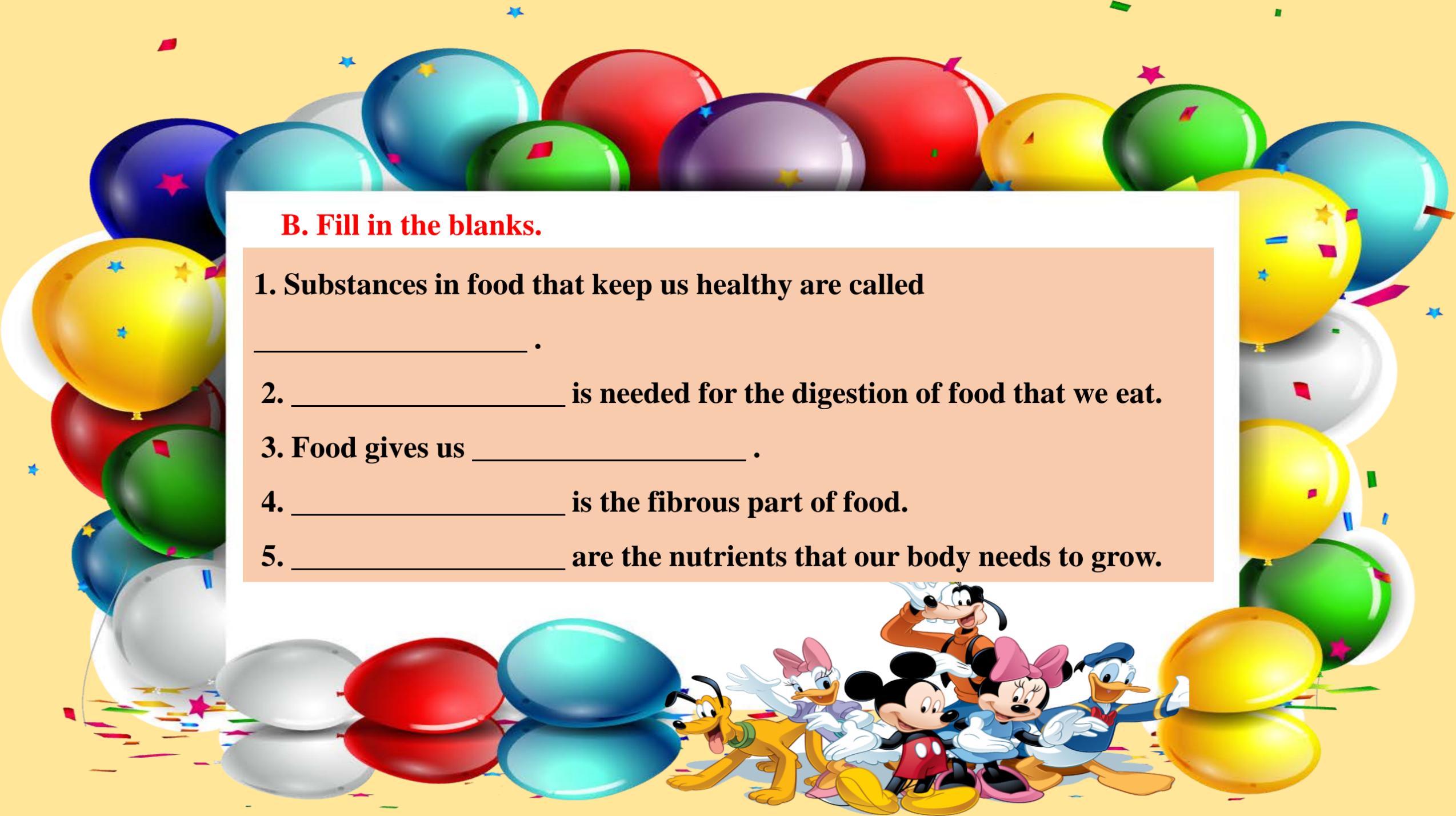
c. producing energy

5. Rice and gram are cooked by

a. baking

b. steaming

c. roasting



B. Fill in the blanks.

1. Substances in food that keep us healthy are called

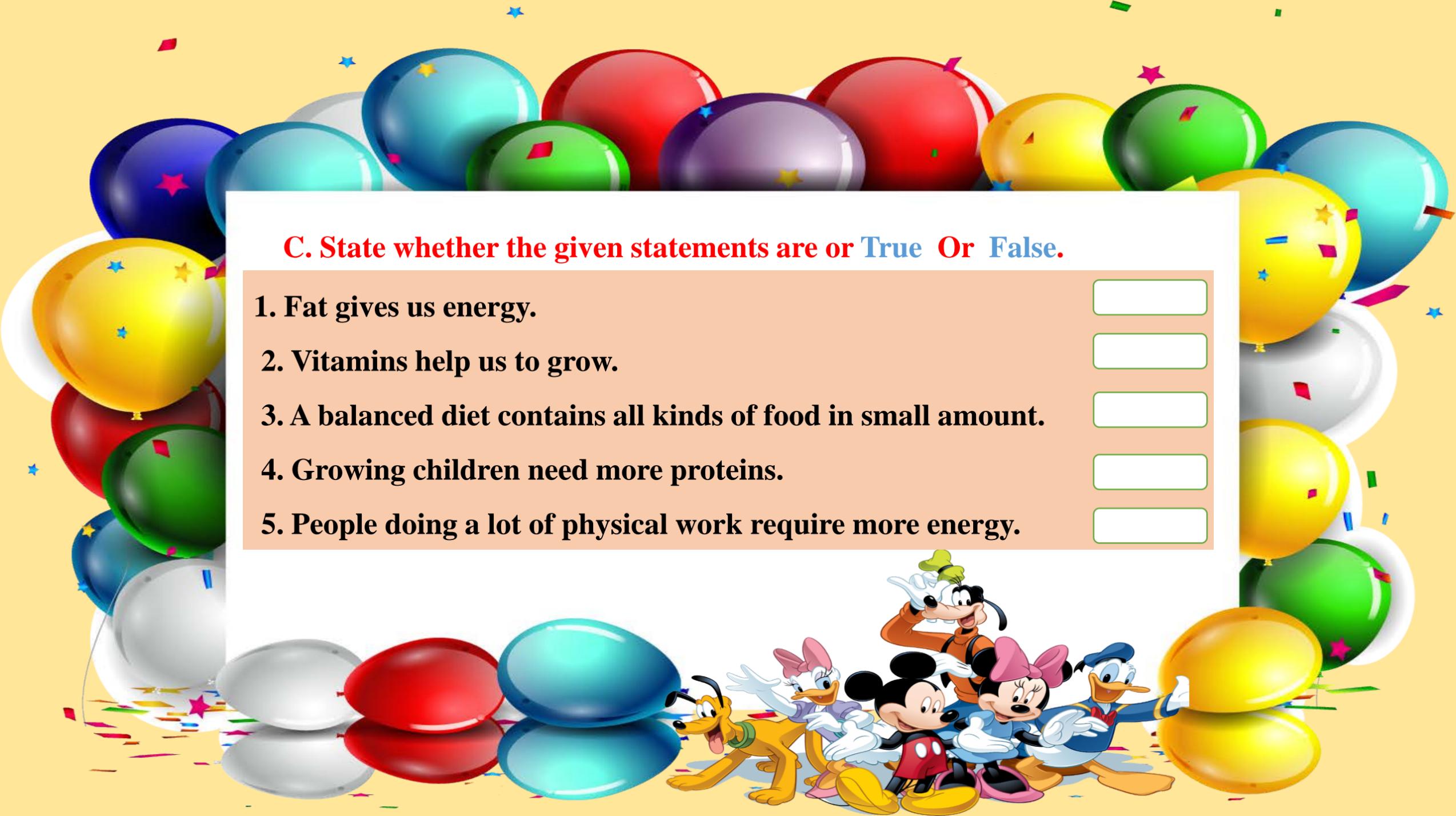
_____.

2. _____ is needed for the digestion of food that we eat.

3. Food gives us _____.

4. _____ is the fibrous part of food.

5. _____ are the nutrients that our body needs to grow.



C. State whether the given statements are or True Or False.

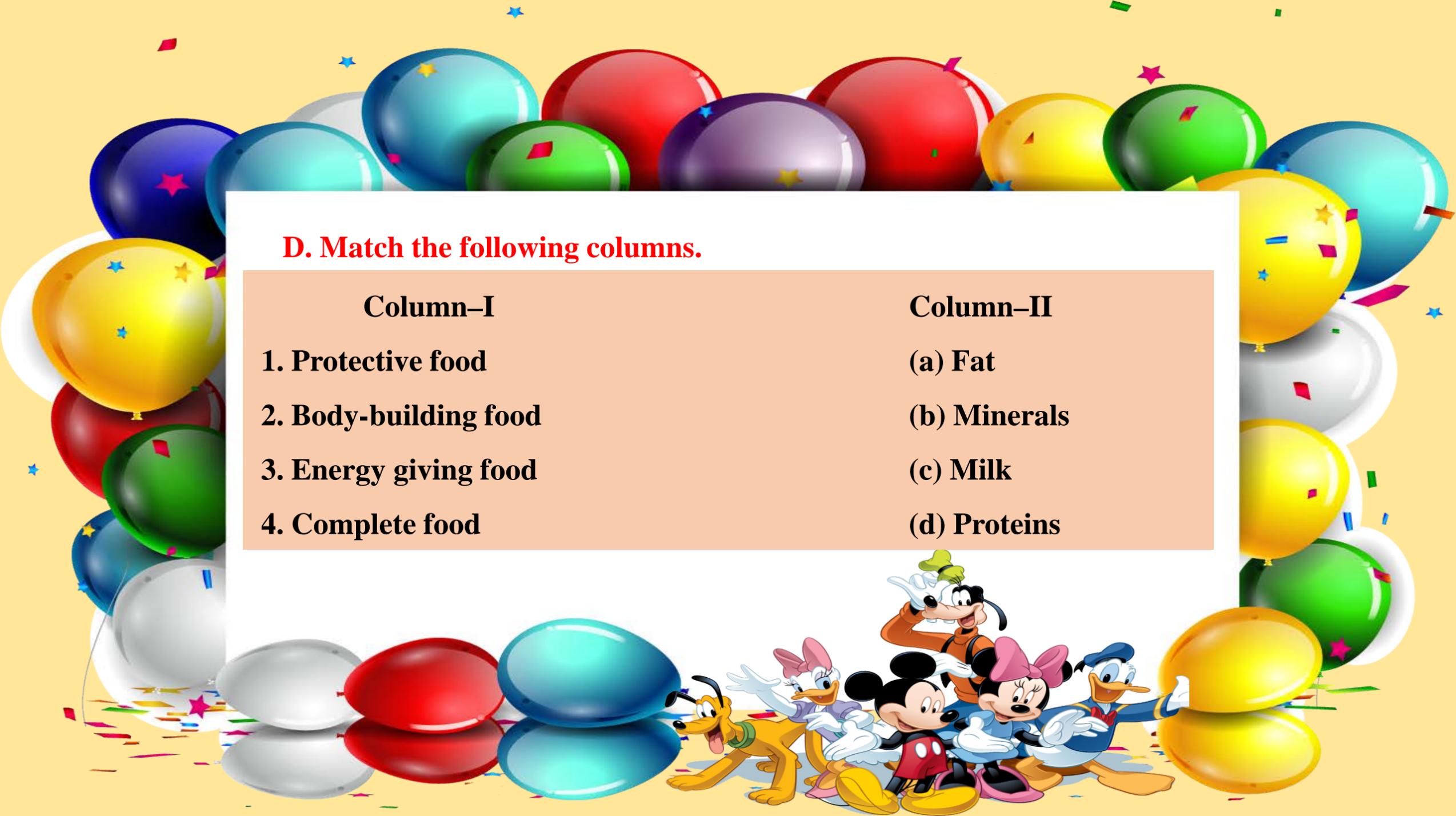
1. Fat gives us energy.

2. Vitamins help us to grow.

3. A balanced diet contains all kinds of food in small amount.

4. Growing children need more proteins.

5. People doing a lot of physical work require more energy.



D. Match the following columns.

Column-I

1. Protective food
2. Body-building food
3. Energy giving food
4. Complete food

Column-II

- (a) Fat
- (b) Minerals
- (c) Milk
- (d) Proteins



E. Define the followings.

1. Vitamins _____

2. Digestion _____

3. Nutrients _____

4. Preservation _____





F. Answer the following questions.

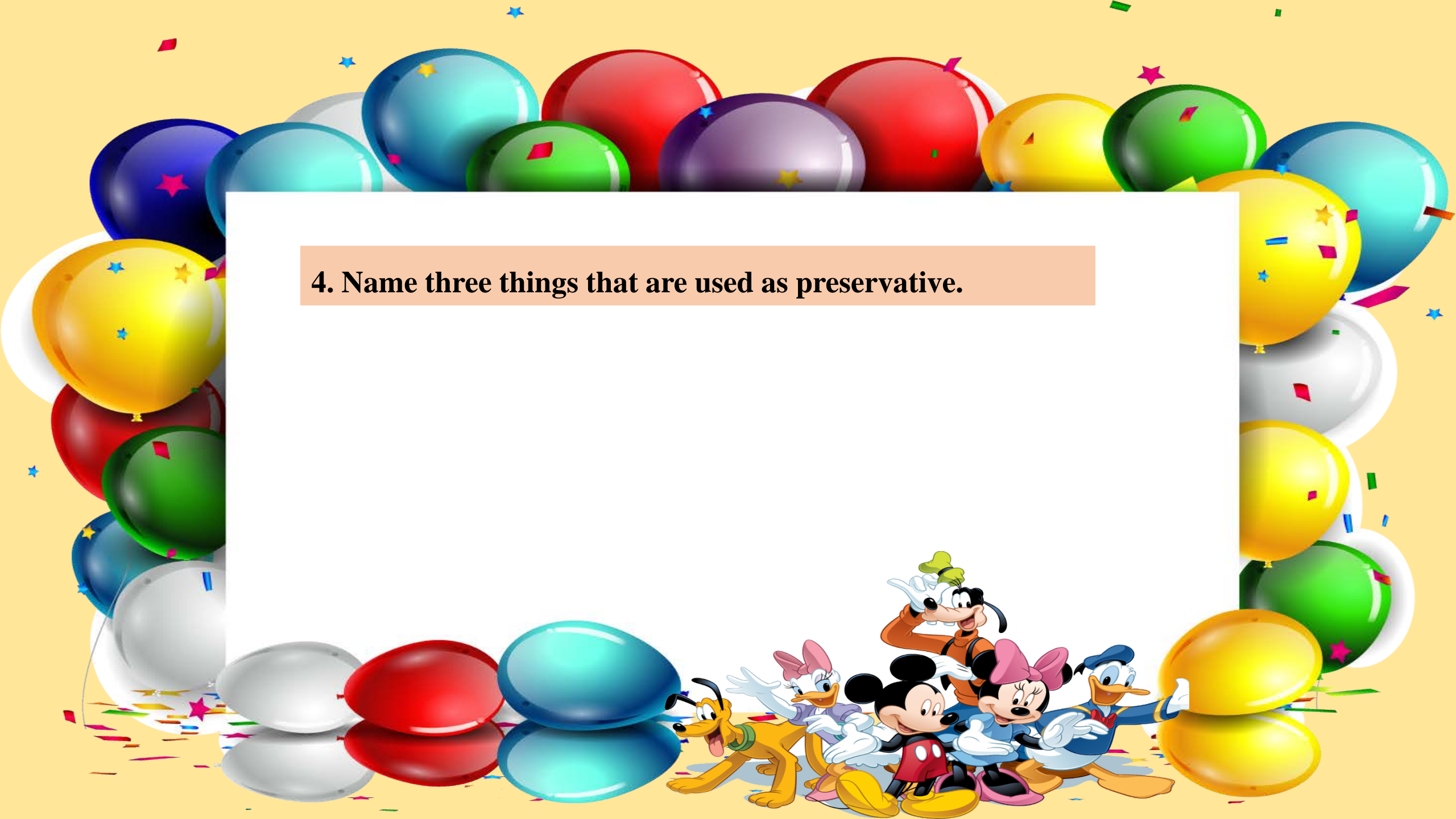
1. What are energy giving food?



2. List any three methods for the preservation of food.

3. What is a balanced diet?





4. Name three things that are used as preservative.

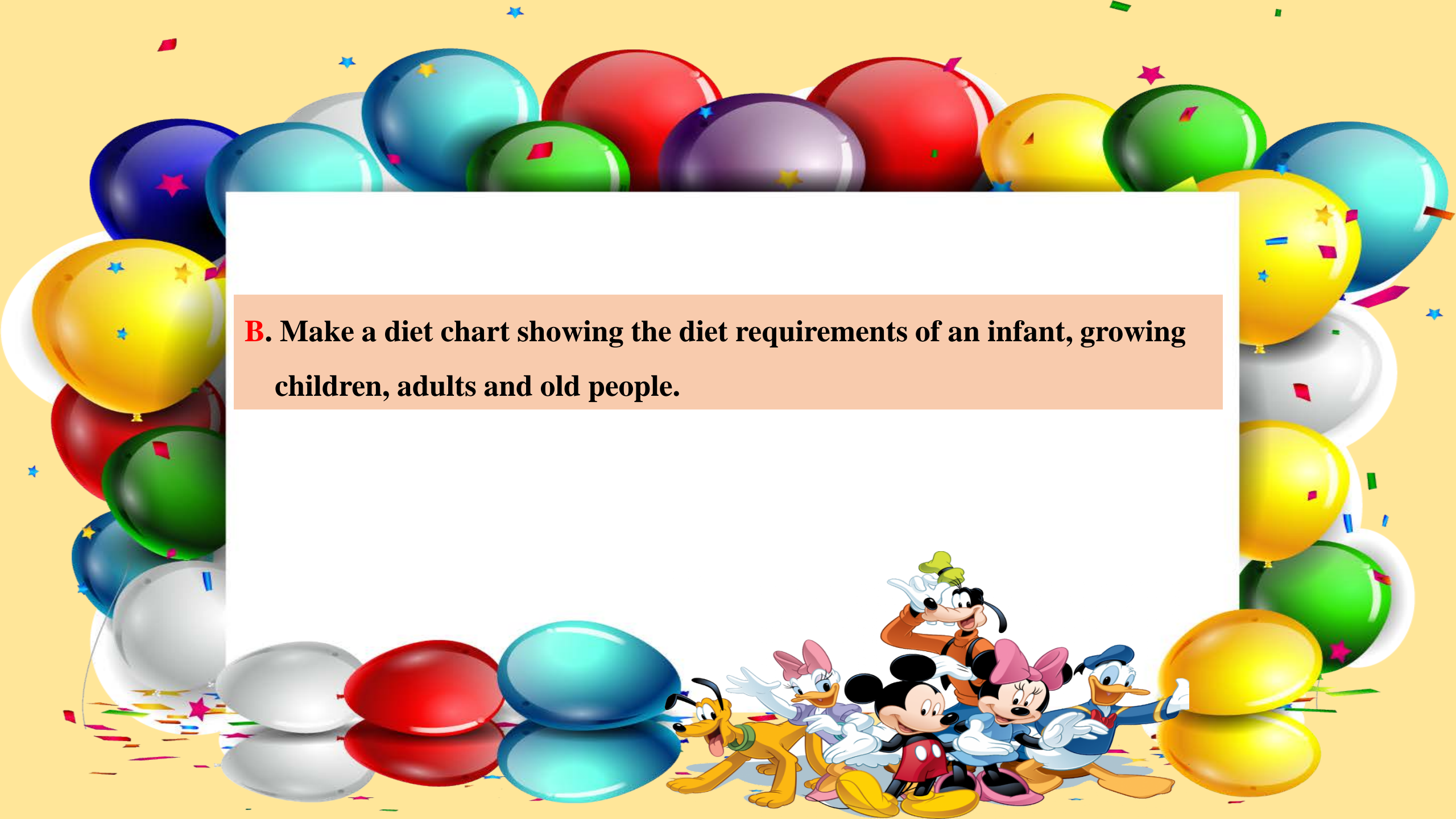


Life Skill

A. Healthy digestion

We must always eat fresh food. Stale food can infect our stomach. Here are some steps to be followed for healthy digestion.

- 1. We must have our meals at a fixed time.**
- 2. We must wash our hands before and after every meal.**
- 3. We must chew the food properly before swallowing it.**
- 4. We must have a balanced diet.**



B. Make a diet chart showing the diet requirements of an infant, growing children, adults and old people.



C. Make posters on the following slogans.

a. We should eat only freshly prepared food.

b. Follow healthy eating habits to stay healthy.



