



FLORENCE INTERNATIONAL SCHOOL
CLASS- IV
WORKSHEET NO: 4
EVS

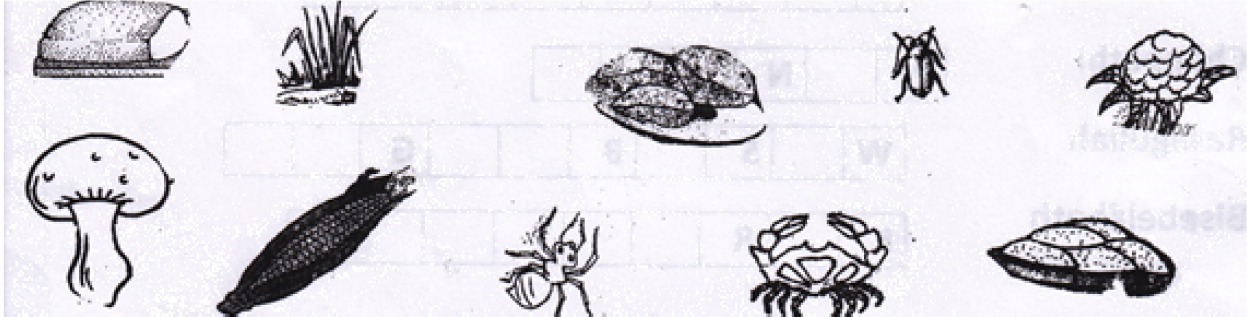
NAME:

DATE: 02.04.2020

Please see the video before attempting the Exercise.

Link to video is https://www.youtube.com/watch?v=-H_bxmH5OVk

Q1. Circle the things that you have eaten.



Q2. Tick the correct options.

i) Leafy vegetables, jaggery ragi, beetroot, apple and carrot are sources of ____.

- a) Proteins
- b) Fats
- c) Carbohydrates
- d) Iron

ii) _____ are needed by our body for building muscles, growth and repair.

- a) Carbohydrates
- b) Fats
- c) Nutrients
- d) Proteins

iii) Potatoes, bananas, yam etc contain a lot of ____.

- a) Starch
- b) Milk
- c) Sugar
- d) Fish

iv) Children require more protein for their ____.

- a) Growth
- b) Kidney
- c) Cells
- d) Ego

v) Calcium, iron, potassium, iodine and sodium are examples of ____.

- a) Minerals
- b) Fats
- c) Nutrients
- d) Proteins

vi) _____ is important for the maintenance and repair of the body.

- a) Carbohydrates
- b) Fats
- c) Nutrients
- d) Proteins

vii) Carbohydrates and fats provide _____ for the body.

- a) Force
- b) Pressure
- c) Work
- d) Energy

viii) Food protects us from _____.

- a) Playing
- b) Winning
- c) Diseases
- d) Humans

ix) Our body needs at least _____ litres of water every day.

- a) One
- b) Two
- c) Three
- d) Ten

x) Yogurt and fish are the main sources of _____.

- a) Carbohydrates
- b) Fats
- c) Nutrients
- d) Proteins

Q3. Group the following food items made up of RICE & WHEAT

Bread Upma Chapatti Dosa Puri Pulao

RICE	WHEAT

Q4. Write the method of cooking of following items:

i) Puri - _____

ii) Idli - _____

iii) Cake - _____

iv) Rice - _____

v) Biscuit- _____

vi) Samosa- _____

vii) Dhokla - _____

viii) Chicken- _____