

Niscort FATHER AGNEL SCHOOL, VAISHALI

SELF LEARNING WORKSHEET- 9

CLASS -IV, SUBJECT- EVS

Q.I. Give short answers for the following:-

1. Two energy giving foods.

2. Two body building foods.

3. Two protective foods.

4. Two methods of cooking

5. Two methods of preserving food

6. Two methods of preparing food which enhance the nutritive value of food.

7. Two healthy food habits.

i.

ii.

Answer the following questions:

1. Why milk is considered a complete food?

2. What do you understand by a balanced diet?

3. Why water and roughage are important parts of our diet?

4. What is the difference between-

a) Salting and sweetening

b) Boiling and refrigeration

Niscort FATHER AGNEL SCHOOL, VAISHALI

SELF LEARNING WORKSHEET-10

CLASS IV, SUBJECT-EVS

A list of eatables is given below. Write the names of these eatables in the correct columns.

Rice	apple	radish	cucumber	peas
Green chilly	carrot	banana	fish	eggs
Lady's finger	meat	mango	cabbage	coconut
Maize	Spinach	wheat flour	papaya.....	gram

Eaten raw	Eaten after being cooked	Eaten both raw and cooked

Make a list of food items that you eat for breakfast, lunch and dinner. Write down the nutrients present in each food item.

	Name of the food item	Type of food and the nutrients present
Breakfast	1. Milk 2. 3.	
Lunch	1. 2. 3.	
Dinner	1. 2. 3.	