

Grade 4 EVS

Question Bank

Chapter – Food

Answer

1. Why do we need food?
2. What are the five important nutrients our body needs?
3. Why are carbohydrates important for our body?
4. What role do proteins play in our health?
5. How do fats help our body?
6. Why do we need vitamins and minerals?
7. What is roughage, and why is it important?
8. Why is water essential for our health?
9. What is a balanced diet?
10. How can good eating habits keep us healthy?
11. Why should we clean food thoroughly before cooking?
12. What happens if we overcook food?
13. How does draining excess water after cooking affect nutrients?
14. Name two ways we can preserve food.
15. What does the term "digestion" mean?
16. In which three stages do digestion occur in our body?
17. What happens to food in the mouth during digestion?
18. What role does the stomach play in digestion?
19. How is food digested in the small intestine?
20. How does the body get rid of undigested food?