

# **WELCOME TO THE ONLINE CLASS**

**SESSION NO.: 3**

**CLASS: 4**

**SUBJECT: SCIENCE**

**CHAPTER NUMBER: 1**

**CHAPTER NAME: FOOD AND DIGESTION**

**SUB TOPIC: NUTRIENTS IN FOOD- VITAMINS, MINERALS,  
ROUGHAGE, WATER, BALANCED DIET**

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**CHANGING YOUR TOMORROW**

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# LEARNING OBJECTIVE

To enable the learners

- to identify the nutrients present in different foods.
- to explain the importance of roughage, water and balanced diet.

# WARM UP

- Define nutrients.
- Why do we need food?
- Which nutrients are known as energy-giving nutrient?
- Which nutrient keep us warm?
- Name the nutrient that help us to grow.

# WHAT DO NUTRIENTS DO FOR US?

- **Building all parts of the body such as muscle, bone, teeth and blood.**
- **Producing energy from food.**
- **Keeping the body in good working order.**

# VITAMINS

- Vitamins help our body to fight diseases.
- We must regularly have foods which contains vitamins though our body needs very small quantity of them.



# MINERALS

- Minerals helps in the formation of bones, teeth and blood.
- Calcium, potassium, sodium, iodine and iron are some examples of minerals.
- We get minerals and vitamins from fresh fruits, vegetables, meat, fish, liver and milk.
- Vitamins and minerals together are known as protective food.



# ROUGHAGE

- It is the fiber present in our food.
- It is necessary for the proper functioning of the digestive system.
- It adds bulk to the food.



# WATER

- It is essential for our body to function properly.
- Three-fourth of our body weight is water.





# BALANCED DIET

A balanced diet is a diet that has right amount of all the nutrients, that is, carbohydrates, fats, proteins, vitamins and minerals along with water and roughage.



# SUMMARY

- **Vitamins and minerals keeps us fit and healthy.**
- **Fibre or roughage adds bulk to the food.**
- **Water is essential for our body to function properly.**
- **Three -fourth of our body weight is water.**
- **A balanced diet is a diet that has right amount of all the nutrients, that is, carbohydrates,fats, proteins,vitamins and minerals along with water and roughage.**

QUIZ  
TIME

NOTES

Date

Subject

The background of the slide is a light cream color with a subtle, repeating pattern of lemons and citrus slices. The lemons are in various shades of yellow and orange, some whole and some sliced to show the internal segments. There are also some green leaves scattered throughout. The overall aesthetic is clean and fresh.


**1. Which nutrient forms a major part of our diet?**

**ANS: Carbohydrates , proteins, fats, vitamins and minerals.**

The background of the slide is a light cream color with a subtle, repeating pattern of lemons and citrus slices. The lemons are in various shades of yellow and orange, some whole and some sliced to show the internal segments. There are also green leaves and smaller citrus slices scattered throughout the design.


**2. What does our body do with the extra fat?**

**ANS: Extra fat is stored in the body for future use.**

The background of the slide is a light cream color with a subtle, repeating pattern of lemons and citrus slices. The lemons are in various shades of yellow and orange, some whole and some sliced to show the internal segments. There are also green leaves and smaller citrus slices scattered throughout the design.

**3.How do you feel if you do not get water to drink for a long time?**

**ANS: We can get dehydrated.**

The background of the slide is a light cream color with a subtle, repeating pattern of lemons and citrus slices. The lemons are in various shades of yellow and orange, some whole and some sliced to show the internal segments. There are also some green leaves and smaller citrus slices scattered throughout. The text is overlaid on this pattern.

**4. Which nutrients are also known as protective food?**

**ANS: Vitamins and minerals**

The background features a light cream color with a subtle, repeating pattern of lemons and citrus slices. The lemons are depicted in various shades of yellow and orange, some whole and some sliced to show the internal segments. Green leaves and smaller citrus slices are scattered throughout the design.

**5. A diet that contain all the nutrients in right amount along with water and roughage.**

**ANS: Balanced diet**



# HOMEWORK

- Draw the pictures of food items containing each of the nutrients.

# LEARNING OUTCOME

The learner will be able to :

- to identify the nutrients present in different foods.
- to explain the importance of roughage, water and balanced diet.

The background features a light cream-colored textured surface. It is decorated with various illustrations of lemons and citrus slices in shades of yellow, orange, and green. Some lemons are whole, while others are sliced to show the internal segments. There are also green leaves and circular patterns resembling citrus cross-sections scattered throughout.

**THANKING YOU**  
**ODM EDUCATIONAL GROUP**