



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

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

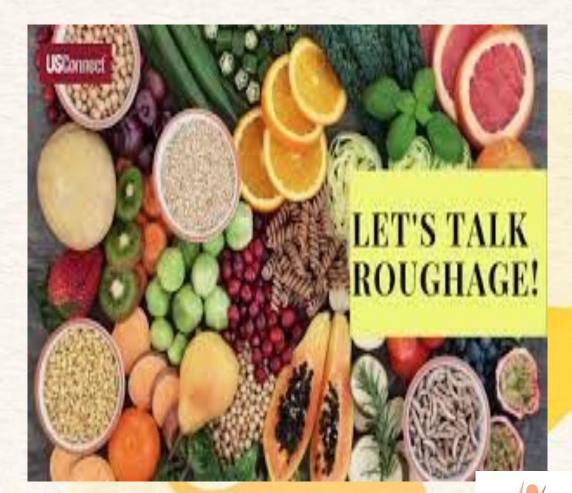
- Minerals helps in the formation of bones, teeth and blood.
- Calcium, potassium, sodium, iodine and iron are some examples of minerals.
- We get minerals and vitamins from fresh fruits, vegetables, meat, fish, liver and milk.
- Vitamins and minerals together are known as protective food.







- 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.







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





BALANCED DIET

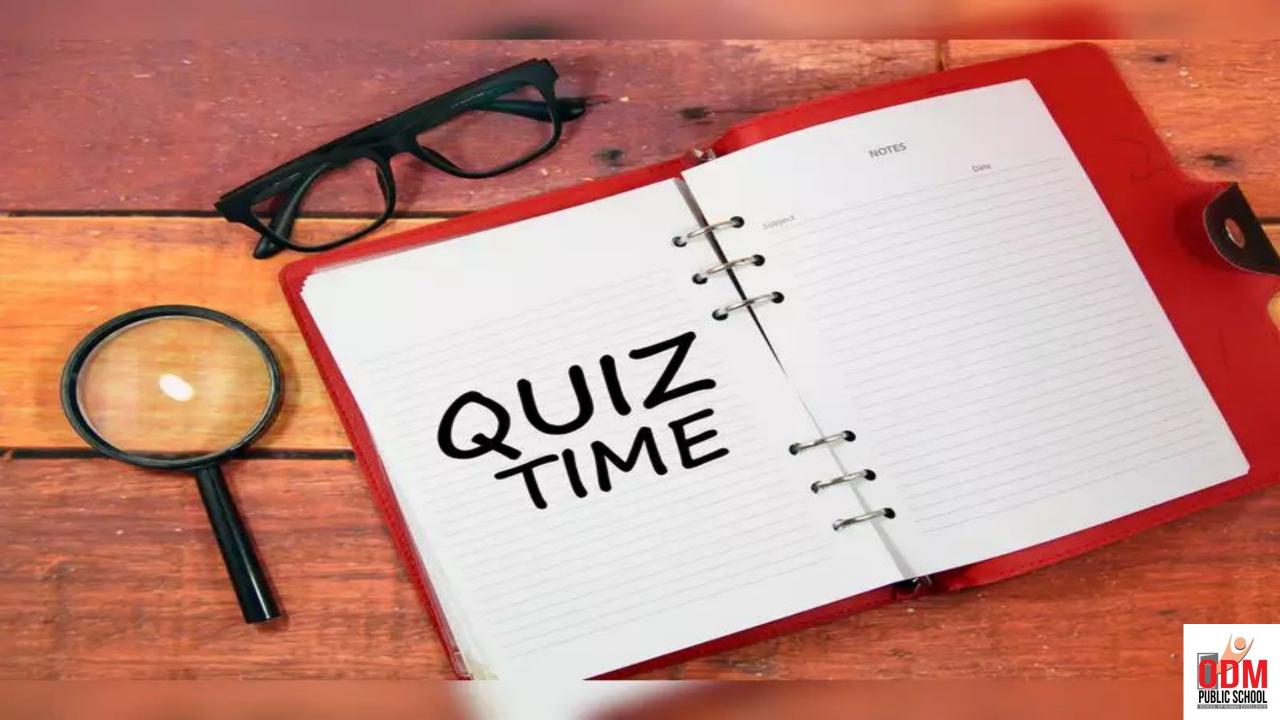
A balanced diet is a diet that has right amount of all the nutrients, that is, carbohydrates, fats, proteins, vitamins and minerals along with water and roughage.



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.



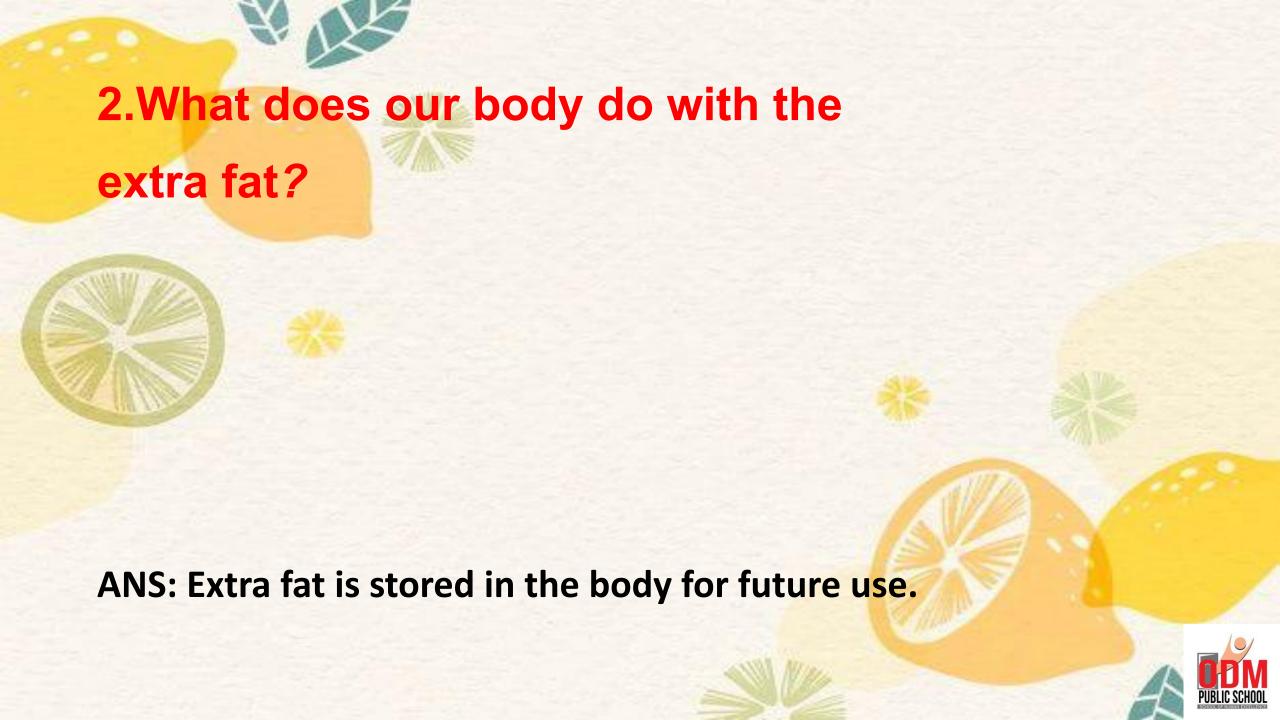






ANS: Carbohydrates, proteins, fats, vitamins and minerals.











ANS: Vitamins and minerals







ANS: Balanced diet





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.

