








## CHETTINAD VIDYASHRAM

RAJAH ANNAMALAI PURAM

CHENNAI-600 028

GRADE -IV



Worksheet 1

S.No	Nutrients	Source of Nutrients	Nutrients do for us
1	Carbohydrates		This helps our body to fight against diseases.
2	Fats		This helps in the formation of bones, teeth and blood. And it is called Protective foods.
3	Proteins		Our body weight is comprised of three- fourths of this.
4	Vitamins		It gives us energy and helps us to keep our body warm. And it is called Energy giving foods.
5	Minerals		It helps us to grow. This is why children need this more.



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6	Roughage		This is for those who do more physical work.
7	Water		It is necessary for proper functioning of Digestive system.