**NORTH POINT SENIOR SECONDARY BOARDING SCHOOL**

**WORKSHEET**

**CLASS - IV**

**SCIENCE**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Choose the correct option....  1) Food nutrient that gives us energy...  a) vitamins  b) proteins  c) carbohydrates  2) Food nutrient that protects us from diseases....  a)fats  b) vitamins  c) Proteins  3) Food nutrient that helps us to grow and also repairs our cells..  a) minerals  b) vitamins  c) proteins  4) Food that provides us dietary fibers...  a) green leafy vegetables  b) butter  c) meat  5)Mineral that helps in bone formation..  a) iron  b) iodine  c) calcium   |  |  | | --- | --- | |  |  | |  |  |