

CLASS 4

EVS

EXTRA QUESTIONS

Class 4 EVS Chapter 5 Food for Health – Extra Questions with Answers

Class 4 EVS Chapter 5 groups foods -- pulses, fruits, and more -- to show why eating a variety of them matters for good health, and the questions here test what each food group provides.

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Very Short Answer Questions

Q1. Name one food from the pulses group.

Ans: Dal (lentils) — e.g. moong dal or masoor dal.

Q2. Name one food from the fruits group.

Ans: Answers vary; example: banana or apple.

Q3. What should we drink enough of every day to stay healthy?

Ans: Water.

Short Answer Questions

Q4. Why is it important to eat foods from different food groups rather than just one group?

Ans: Different food groups provide different nutrients — eating a variety ensures the body gets all the proteins, carbohydrates, vitamins, and minerals it needs, which no single food group can provide alone.

Q5. Name two good eating habits mentioned in the chapter.

Ans: Eating meals on time, and including fresh fruits and vegetables in meals (also acceptable: drinking enough water, avoiding excess junk food).

Higher-Order Thinking Question

Q6. A child eats only rice and sweets most days. What might be missing from this diet, and why could that be a problem?

Ans: This diet is likely missing proteins, vitamins, and minerals found in pulses, vegetables, fruits, and milk; over time, this could affect the child's growth, energy, and overall health since the body would not get all the nutrients it needs.

Class 4 EVS Chapter 5 – Solutions and Revision Notes

Need full answers or a quick summary? See the [Class 4 EVS Chapter 5 Solutions](#) and [Class 4 EVS Chapter 5 Revision Notes](#).

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