

CLASS 4

EVS

REVISION NOTES

Class 4 EVS Chapter 5 Food for Health – Revision Notes

Class 4 EVS Chapter 5, Food for Health, covers the basics of nutrition -- different food groups, a balanced diet, and healthy eating habits -- to help students understand why eating well matters for growth and energy.

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Class 4 EVS Chapter 5, **Food for Health**, covers the basics of nutrition — different food groups, a balanced diet, and healthy eating habits — to help students understand why eating well matters for growth and energy.

About Chapter 5: Food for Health

Food gives the body energy, helps it grow, and keeps it healthy, but different foods do this in different ways. This chapter introduces food groups and the idea of a balanced diet made up of a variety of foods.

Key Concepts

1. Why We Need Food

Food provides energy for daily activities, helps the body grow and repair itself, and protects against illness — three broad roles that different types of food fulfil in different amounts.

2. Food Groups

Foods can be broadly grouped as energy-giving (cereals, sugars, fats — like rice, wheat, and oil), body-building (proteins — like pulses, milk, eggs, and meat), and protective foods (vitamins and minerals — like fruits and vegetables).

3. A Balanced Diet

A balanced diet includes a variety of foods from all food groups in the right amounts, ensuring the body gets enough energy, growth support, and protection against disease.

4. Healthy Eating Habits

Eating at regular times, including fruits and vegetables daily, drinking enough water, and limiting excess sugar and oily/fried foods are simple habits that support long-term health.

5. Local and Seasonal Foods

Eating fruits and vegetables that are locally grown and in season is often fresher, more affordable, and more environmentally friendly than out-of-season or imported options.

Quick Recap

Food provides energy, supports growth, and protects against illness.

Energy-giving foods: cereals, sugars, fats. Body-building foods: proteins. Protective foods: fruits and vegetables.

A balanced diet includes a variety of foods from all groups.

Regular meals, enough water, and limited sugary/fried food support good health.

Local and seasonal foods are often fresher and more affordable.

Common Mistakes to Avoid

A common misconception is thinking any large meal is automatically a healthy one — quantity does not equal balance; a truly balanced meal includes a mix of food groups, not just a large portion of one. Another gap is overlooking water and regular eating habits as part of “healthy eating,” focusing only on food choices.

How to Practise This Chapter at Home

Plan one day’s meals together and sort each food item into energy-giving, body-building, or protective categories, checking whether the day’s diet feels balanced. Talk about which fruits and vegetables are currently in season locally, and why they might be a smart, healthy choice.

Why This Chapter Matters

Early nutrition awareness builds lifelong healthy eating habits and helps children make more informed food choices as they grow older and gain more independence over what they eat.

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