

CLASS 4

EVS

NCERT SOLUTIONS

## NCERT Solutions for Class 4 EVS Chapter 6: Happy and Healthy Living – Free PDF Download

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Chapter 6 of the Class 4 EVS textbook Our Wondrous World is Happy and Healthy Living. It looks at where our food comes from, how our body digests food, mindful eating, and habits like exercise and rest that keep the body and mind healthy.

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Chapter 6 of the Class 4 EVS textbook *Our Wondrous World* is Happy and Healthy Living. It looks at where our food comes from, how our body digests food, mindful eating, and habits like exercise and rest that keep the body and mind healthy.

## NCERT Textbook Questions and Answers – Chapter 6: Happy and Healthy Living

### Activity 1 (Page 85)

**Q: Connect the food items shown below with the ingredients used to make them.**

A: Sample answer: Roti — wheat flour; Idli — rice and urad dal; Bread — wheat flour and yeast; Kheer — rice/vermicelli and milk.

### Activity 2 (Page 88)

**Q: Put a tick (✓) on the elements that assist a grain in its journey from farm to plate.**

A: Sample answer: sunlight, soil, water, farmer's labour, tractor/plough, storage, transport vehicles, and the market/shop are all elements that help a grain reach our plate.

### Write (Pages 88–89)

**Q1: What is the role of farmers in this process?**

A: Farmers prepare the soil, sow seeds, water and care for the crop, and harvest the grain — their labour is the starting point of the whole food journey.

**Q2: List out the missing elements in the table above. From the time a seed is sown, to the point when food reaches our plate, it is a remarkable journey...**

A: Sample answer: sowing → growing → harvesting → threshing/processing (like milling wheat into flour) → transporting → selling at the market → cooking at home → reaching our plate.

### Activity 3 (Page 89)

**Q: Whom would you like to thank for the food you eat?**

A: Sample answer: I would like to thank the farmer for growing the food, the truck drivers who transport it, the shopkeeper who sells it, and my parents who cook it for me.

### Discuss (Page 92)

**Q1: What role does your tongue play in this process?**

A: The tongue helps us taste food, mixes it with saliva, and helps push it towards the throat while swallowing.

**Q2: What do your teeth do to the food?**

A: Teeth cut, tear, and grind food into smaller pieces so it becomes easier to swallow and digest.

**Q3: What happens to the food inside your mouth during this process?**

A: Food is chewed and mixed with saliva, which begins to break it down before it is swallowed and passed to the stomach for further digestion.

### Activity 4 (Page 93)

**Q: Record weekly meal consumption tracking with yes/no indicators for foods eaten.**

A: Students maintain a simple weekly chart marking “yes” or “no” for whether they ate fruits, vegetables, milk, and junk food each day, to reflect on their eating pattern.

### Write (Page 93)

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**Q1: If someone offers you food more than you need, what would you do?**

A: I would politely take only as much as I can eat, to avoid wasting food.

**Q2: If you do not like a food item on your plate, what would you do?**

A: I would still try a little of it since it may be healthy, and politely tell an elder rather than wasting or throwing it away.

### Write (Page 94)

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**Q: Identify the activities people are engaged in.**

A: Sample answer: based on the pictures, people are shown doing yoga, playing outdoor games, cycling, and walking — different forms of physical activity.

### Discuss (Page 95)

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**Q1: Which physical activities do you do in your daily life?**

A: Sample answer: I play outdoor games, cycle, and do yoga or stretching exercises regularly.

**Q2: How do you feel on a day when you play a lot?**

A: Sample answer: I feel happy, energetic, and sleep better on days when I play and stay active.

### Find Out (Page 95)

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**Q: Can you name the games depicted in the pictures below?**

A: Sample answer: kho-kho, kabaddi, cricket, and skipping (based on the images given in the textbook).

### Let Us Reflect (Pages 100–101)

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*(Exact page wording should be cross-checked against your physical copy.)*

**Q1: If the following are missing, what would happen to a food grain? (Elements, Animals, People)**

A: Without elements like sunlight, water, and soil, a grain crop cannot grow at all; without helpful animals (like bees for pollination or bullocks for ploughing), farming becomes harder; without people (farmers, transporters, sellers, cooks), the grain would never reach our plate as food.

**Q2: Design your own favourite plate of balanced diet with the food items you like.**

A: Students draw a plate divided into sections for grains, pulses/protein, vegetables, and fruit, using their own favourite foods, representing a balanced meal.

**Q3: Which activities did you enjoy during your “mindful eating”?**

A: Sample answer: I enjoyed eating slowly without distractions like TV, which helped me notice the taste and texture of my food more.

**Q4: How can you keep your body strong? Write down the names of the exercises and games**

**you would practice.**

A: By eating healthy food, exercising regularly, and getting enough sleep; sample games/exercises — running, skipping, yoga, and cycling.

**Q5: Which habits would you practice daily? Indicate your plans.**

A: Sample answer: eating balanced meals, drinking enough water, exercising daily, sleeping on time, and maintaining cleanliness.

## Class 4 EVS Chapter 6 – Notes and Extra Questions

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