

Class 4 EVS Advanced Matching Worksheet (Original Set)**Topic: Chapter 5 - Food for Health****Format: Match Column A with Column B****SET 1: NUTRIENTS AND THEIR FUNCTIONS****Column A**

1. Carbohydrates and Fats
2. Proteins
3. Vitamins and Minerals
4. Vitamin C
5. Calcium

Column B

- A) Protect the body from diseases (Protective Food)
- B) Prevent bleeding gums (Scurvy)
- C) Help build dense bone structures and teeth
- D) Provide fuel and energy to the body
- E) Assist in muscle growth and tissue repair

SET 2: DEFICIENCIES, REACTION TESTS, AND PRESERVATION**Column A**

6. Iodine Solution Test
7. Iron Deficiency
8. Dehydration
9. Freezing (Refrigeration)
10. Drying (Dehydration of food)

Column B

- F) Slows down microbial growth using cold storage
- G) Removes moisture so bacteria cannot grow
- H) Turns dark blue-black in the presence of starch
- I) Causes tiredness due to low hemoglobin (Anaemia)
- J) Occurs when the body experiences severe water loss

ANSWER KEY FOR TEACHERS / SELF-CHECK

SET 1:

- 1 -> D (Carbohydrates and Fats provide raw energy)
- 2 -> E (Proteins are essential building blocks for tissue repair)
- 3 -> A (Vitamins and minerals act as protective shields against illnesses)
- 4 -> B (Vitamin C actively prevents dental and skin conditions like scurvy)
- 5 -> C (Calcium is the foundation mineral for strong bones)

SET 2:

- 6 -> H (Iodine changes color specifically to detect complex starch structures)
- 7 -> I (A lack of dietary iron causes anaemia, reducing blood oxygen capacity)
- 8 -> J (Dehydration is the physiological state of running low on vital water)
- 9 -> F (Freezing locks microbes in a dormant state using icy conditions)
- 10 -> G (Drying items like raisins or papad ***eliminates water to halt rot***)