

EVS

Original supplementary practice with explanations, worked examples, observation prompts and answer guidance. This is not a claim of complete NCERT syllabus coverage.



8 practice units + 10 chapter companions
108 tasks with answer guidance

Name / नाम: _____

Original selected-topic practice. Use alongside school lessons and the prescribed textbook. The contents define this book's scope.

UNIT 01 / 08 · LEARN & TRY

A Varied Diet

Name: _____ Date: _____

Learn

A varied diet supplies different nutrients the body needs. Carbohydrates and fats provide energy, proteins support growth and repair, and vitamins and minerals have many supporting roles. Fibre helps normal bowel function, and water is essential. Most foods contain more than one nutrient. Needs vary with age and activity, so a balanced meal is about a useful mix of foods rather than labelling one food perfect.

Worked example

Rice, beans, vegetables and a suitable fruit provide a wider mix of nutrients than a meal made only of rice.

Variety across food groups



Illustrative foods, not prescribed portions or a personalised diet; other food groups also contribute.

1. Name a nutrient used for growth and repair.

UNIT 01 · PRACTISE · 2–6

A Varied Diet

2. Name two energy-providing nutrients.

3. Why include fibre-containing foods?

4. Does every food contain only one nutrient?

5. Improve a rice-only meal using two additions.

6. Why might two people need different amounts of food?

Explain one answer. Choose a question to revisit after a few days.

UNIT 01 · ANSWER GUIDANCE

A Varied Diet

1. Protein.
2. Carbohydrates and fats.
3. Fibre helps normal bowel function.
4. No. Most contain several.
5. For example, add beans and vegetables.
6. Age, activity and other needs may differ.

Teaching note

Respect allergies, cultural choices and individual dietary guidance.