



# ST. LAWRENCE HIGH SCHOOL

A JESUIT CHRISTIAN MINORITY INSTITUTION

27, Ballygunge Circular Rd, Kolkata- 700019



**Term: First**

**Date: 16.07.20**

**Subject: Science**

**Class: 4**

**Lesson: Eating for Life - Food**

**Topic: Nutrients – Carbohydrates, Proteins, Fats**

**WORKSHEET – 5**

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**Answer the following questions in detail:-**

1. Why do we need food?

**Ans:** .....  
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2. Why are carbohydrates important to us?

**Ans:**.....  
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3. Why do we need protein in our daily diet?

**Ans:**.....  
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4. Why should we consume fats in small amount?

**Ans:**.....  
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