



ST. LAWRENCE HIGH SCHOOL

A JESUIT CHRISTIAN MINORITY INSTITUTION

27, Ballygunge Circular Rd, Kolkata- 700019



Term: First

Date: 23.07.20

Subject: Science

Class: 4

Lesson: Eating for Life - Food

Topic: Nutrients – Vitamins, Minerals

WORKSHEET – 6

Answer the following questions in detail:-

1. What are vitamins?

Ans:

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2. Why are minerals important in our body?

Ans:.....

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3. Why is calcium an essential nutrient?

Ans:.....

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4. What is the use of iron and iodine in our body?

Ans:.....

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Ms. Margaret Das