Class 4 EVS Picture-Based Worksheet – Set 1

Where Do We Get Food From?

Read each case carefully and answer the questions.

Name: _____ Class: 4 Date: _____

Picture 1: Food grains



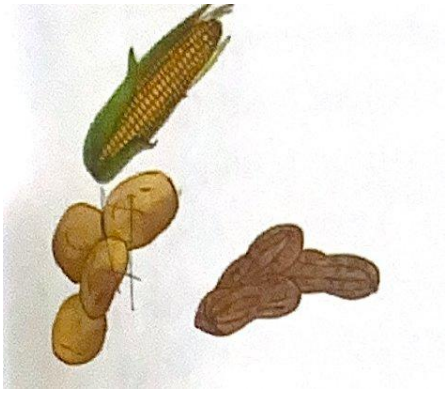
Picture 1 (from your EVS book)

1. What are the items in the picture called?

2. Name two cereals that we get as food grains.

3. What is made when some food grains are ground?

Picture 2: Sources of carbohydrates



Picture 2 (from your EVS book)

1. Name two food items that you can see in the picture.

2. Which nutrient do these foods mainly give us?

3. What are food items rich in carbohydrates called?

Picture 3: Sources of proteins



Picture 3 (from your EVS book)

1. Name two protein-rich food items shown in the picture.

2. Why does our body need proteins?

3. What are protein-rich foods also called?

Picture 4: Sources of fats



Picture 4 (from your EVS book)

1. Name two sources of fats that have labels in the picture.

2. Write the name of one more source of fats.

3. Do fats give more or less energy than carbohydrates?

Picture 5: Sources of vitamins and minerals (3 marks)



Picture 5 (from your EVS book)

1. Name two vegetables that you can see in the picture.

2. What are foods rich in vitamins and minerals called?

3. Name one mineral that we get from these foods.

ANSWER KEY – Picture-Based Set 1

Picture 1: Food grains

1. They are food grains.

2. Rice and wheat. (Maize, barley and jowar are also cereals.)

3. Flour is made. It is used to make bread.

Picture 2: Sources of carbohydrates

1. Maize (corn) cob and potatoes.

2. They give us carbohydrates.

3. Energy-giving foods.

Picture 3: Sources of proteins

1. Eggs and cheese.

2. Proteins are needed for growth and building muscles.

3. Body-building foods.

Picture 4: Sources of fats

1. Ghee and oil.

2. Butter or nuts (any one).

3. Fats give more energy than carbohydrate-rich food items.

Picture 5: Sources of vitamins and minerals

1. Carrot and tomato (also onion, green beans, cucumber, capsicum).

2. Protective foods.

3. Calcium, iron or iodine (green vegetables are rich in iron).

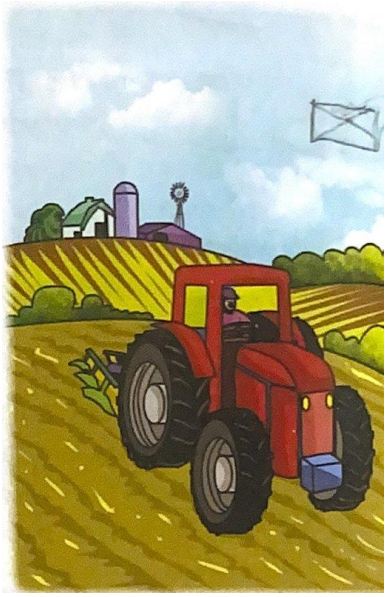
Class 4 EVS Picture-Based Worksheet – Set 2

Where Do We Get Food From?

Read each case carefully and answer the questions.

Name: _____ Class: 4 Date: _____

Picture 1: A farmer ploughing a field



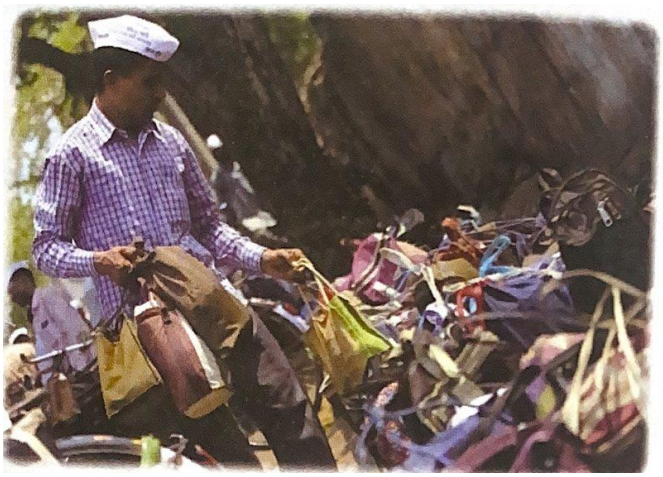
Picture 1 (from your EVS book)

1. What is the farmer doing in the picture?

2. What is the farmer using to do this work?

3. Write one thing that the farmer does after ploughing.

Picture 2: A dabbawala delivering food (Environment Connect)



Picture 2 (from your EVS book)

1. What is the man carrying in the picture?

2. For what are Mumbai's dabbawalas famous?

3. What is the 'roti bank' started by dabbawalas?

Picture 3: Special food items prepared during festivals (table)

Festival	Special food items
Diwali	Jalebi, gulab jamun, kheer, kaju barfi and many other sweets Diwali
Holi	Malpua, gujjia
Durga Puja	Sandesh
Janmashtami	Almond and saffron halwa
Ganesh Chaturthi	Modak
Eid-ul-fitr	Seviyan
Teej and Rakshabandhan	Ghevar, pheni

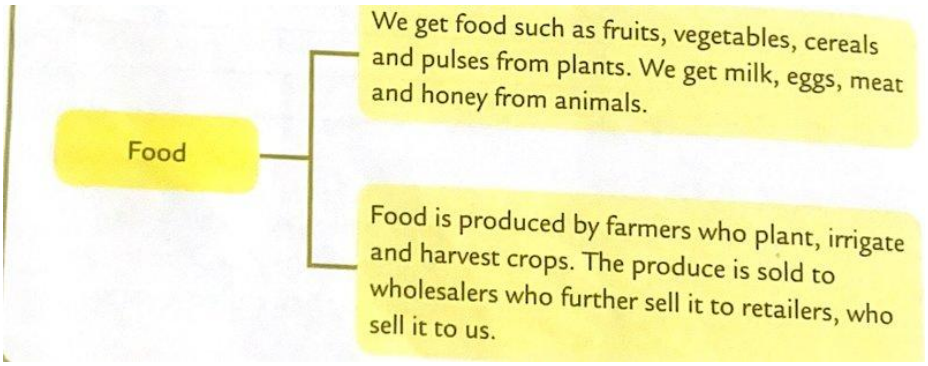
Picture 3 (from your EVS book)

1. Which sweet is made on Diwali? Name any one.

2. On which festival is modak made?

3. Which special food is made on Eid-ul-fitr?

Picture 4: Wrap-up chart: Food



Picture 4 (from your EVS book)

1. From which two sources do we get food?

2. Who produces food by planting, irrigating and harvesting crops?

3. To whom do wholesalers sell the produce?

Picture 5: Sources of vitamins and minerals



Picture 5 (from your EVS book)

1. Which part of the plant is a carrot?

2. Why must we eat plenty of fruits and vegetables daily?

3. Which mineral is found in green vegetables?

ANSWER KEY – Picture-Based Set 2

Picture 1: A farmer ploughing a field

1. The farmer is ploughing a field.

2. A tractor. (Ploughs and bullocks can also be used.)

3. He plants seeds, adds manure and fertilisers, irrigates the field or sprays pesticides (any one).

Picture 2: A dabbawala delivering food (Environment Connect)

1. He is carrying tiffin boxes (lunch boxes).

2. They deliver fresh home-cooked food to working people during lunch hours.

3. It collects leftover food from parties and homes and gives it to needy people.

Picture 3: Special food items prepared during festivals (table)

1. Jalebi, gulab jamun, kheer or kaju barfi (any one).

2. Ganesh Chaturthi.

3. Seviyan.

Picture 4: Wrap-up chart: Food

1. We get food from plants and animals.

2. Farmers.

3. Wholesalers sell it to retailers, who sell it to us.

Picture 5: Sources of vitamins and minerals

1. A carrot is a root.

2. They are rich in vitamins and minerals, which protect us from falling ill.

3. Iron.

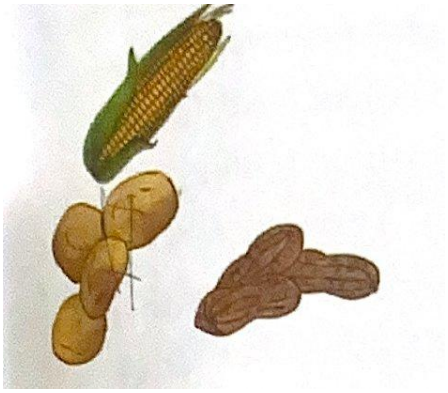
Class 4 EVS Picture-Based Worksheet – Set 3

Where Do We Get Food From?

Read each case carefully and answer the questions.

Name: _____ Class: 4 Date: _____

Picture 1: Sources of carbohydrates



Picture 1 (from your EVS book)

1. Maize belongs to which group of food: cereals or pulses?

2. Potato is which part of the plant?

3. Name two other sources of carbohydrates.

Picture 2: Food grains



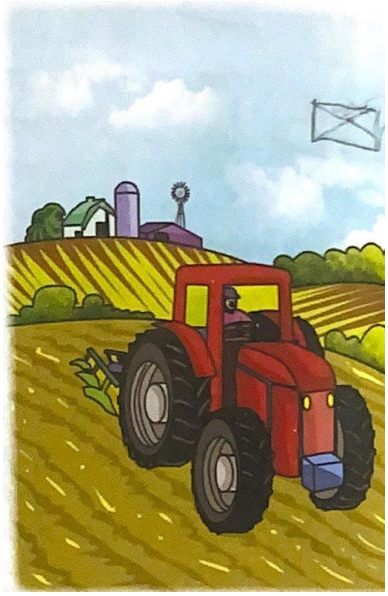
Picture 2 (from your EVS book)

1. Name one cereal and one pulse that you may see in the picture.

2. Which of these are found inside pods: cereals or pulses?

3. Write one use of cereals.

Picture 3: A farmer ploughing a field



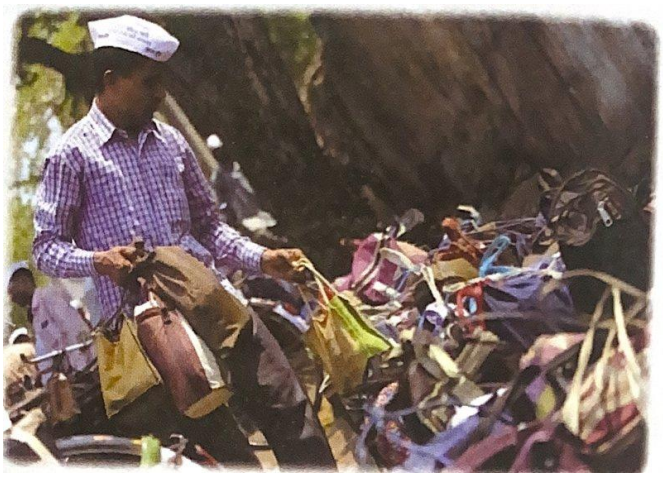
Picture 3 (from your EVS book)

1. Which process is shown in the picture?

2. Why do farmers add manure and fertilisers to the soil?

3. How is food carried from the mandi to far-off places?

Picture 4: A dabbawala delivering food (Environment Connect)



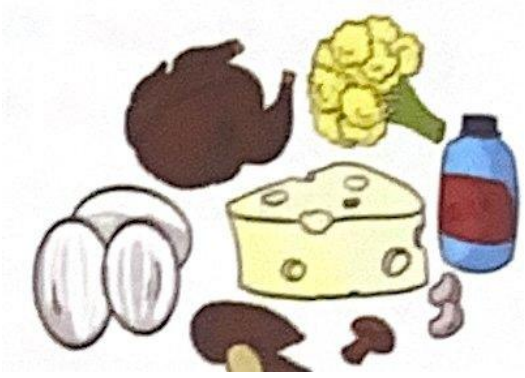
Picture 4 (from your EVS book)

1. What kind of food do dabbawalas deliver?

2. At what time of the day do dabbawalas deliver food?

3. What can you do with leftover food at your home?

Picture 5: Sources of proteins



Picture 5 (from your EVS book)

1. Eggs come from which birds? Name two.

2. Cheese is made from which food?

3. Name one more protein-rich food that is not in the picture.

ANSWER KEY – Picture-Based Set 3

Picture 1: Sources of carbohydrates

1. Maize is a cereal.

2. Potato is a stem.

3. Cereals (rice, wheat) and sugar.

Picture 2: Food grains

1. Cereal: rice or wheat. Pulse: moong, chickpea, pea or kidney bean.

2. Pulses are found inside pods.

3. Cereals are ground into flour to make bread. We also cook rice and other grains for meals.

Picture 3: A farmer ploughing a field

1. Ploughing.

2. To increase the fertility of the soil.

3. In vehicles like trucks or trains.

Picture 4: A dabbawala delivering food (Environment Connect)

1. Fresh home-cooked food.

2. During lunch hours.

3. We can give it to needy people in our area instead of wasting it.

Picture 5: Sources of proteins

1. Hens and ducks.

2. Cheese is made from milk. It is a milk product.

3. Fish or pulses (milk is also correct).