

**Question:**

Science Class 6

Vitamins and minerals are

- 1 protective food
- 2 energy giving food
- 3 body building food
- 4 roughage

*Downloaded From: eLearn Pro ( <https://myelearnpro.com/> )*

**Concept:**

Vitamins and minerals **protect our body** from various diseases.

**eLearn Pro**  
Learning Made Easy

*\* Some Hindi Fonts are not rendered properly.*

*Downloaded From: eLearn Pro ( <https://myelearnpro.com/> )*