

Components of Food

Practice Sheet

Time : 20 minutes

Maximum marks : 10

Instructions

- This test contains 6 questions.
- Q.1 to Q.3 are one-mark questions, to be answer in about one word or one sentence.
- Q.4 & Q.5 are two-mark questions, to be answer in about 50 words.
- Q.6 is three-mark question, to be answer in about 80 words.

1. Name any two macronutrients.
2. Name any two micronutrients.
3. What are the different sources of protein?
4. How dietary fibres/roughage plays an important role in our diet?
5. Write the function and sources of vitamin D.
6. What are the reasons of imbalance diet?

Practice Sheet Solutions

1. Two macronutrients are carbohydrates and fats.
2. Two micronutrients are vitamins and minerals.
3. The sources of protein are –
Pulses, gram, soyabean, milk, meat, egg, fish etc.
4. Dietary fibres/roughage is a fibrous indigestible material in food that promotes the elimination of waste from large intestine. It does not provide any nutrition to our body, but it helps our body to get rid of undigested food.
5. The function of vitamin D is to aid in the normal growth of bones in children. Sources of vitamin D are milk, fish, eggs, etc.
6. The reasons of imbalance diet are –
 - (1) Inadequate quantity of food (under-nourishment or undernutrition),
 - (2) Excess of food (overnutrition),
 - (3) The food lacks in some essential component, i.e., nutrient.