

NCERT QUESTIONS WITH SOLUTIONS

1. Name the major nutrients in our food -

Ans. The major nutrients in our food are –
Carbohydrates, proteins, fats, vitamins,
minerals, water and roughage.

2. Name the following -

(1) The nutrients which mainly give energy to our body.

(2) The nutrient that is needed for the growth and development of our body.

(3) A vitamin required for maintaining good eyesight.

(4) A mineral required for keeping our bones healthy.

Ans. (1) Carbohydrates and fats
(2) Proteins
(3) Vitamin A
(4) Calcium

3. Name two foods each rich in -

(1) Fats
(2) Starch
(3) Dietary fibre
(4) Protein

Ans. (1) Groundnut and Butter
(2) Rice and Potato
(3) Fresh fruits and vegetables
(4) Fish and Gram

4. Tick (✓) the statements that are correct.

(1) By eating rice alone, we can fulfil the nutritional requirement in our body. ()

(2) Deficiency diseases can be prevented by eating a balanced diet. ()

(3) A balanced diet for the body should contain a variety of food items. ()

(4) Meat alone is sufficient to provide all nutrients to the body. ()

Ans. (1) By eating rice alone, we can fulfil the nutritional requirement in our body. (×)

(2) Deficiency diseases can be prevented by eating a balanced diet. (✓)

(3) A balanced diet for the body should contain a variety of food items. (✓)

(4) Meat alone is sufficient to provide all nutrients to the body. (×)

5. Fill in the blanks:

(1) ____ is caused by the deficiency of vitamin D.

(2) Deficiency of ____ causes a disease known as Beri-Beri.

(3) Deficiency of vitamin C causes a disease known as ____.

(4) Night blindness is caused due to deficiency of ____ in our food.

Ans. (1) Rickets
(2) Vitamin B1
(3) Scurvy
(4) Vitamin A