



COMPONENTS OF FOOD

EXERCISES

Question 1:

Name the major nutrients in our food.

Answer 1:

The major nutrients in our food are named carbohydrates, protein, fats, vitamins and minerals. In addition, food contains dietary fibres and water which are also needed by our body.

Question 2:

Name the following:

- (a) The nutrients which mainly give energy to our body.
- (b) The nutrients that are needed for the growth and maintenance of our body.
- (c) A vitamin required for maintaining good eyesight.
- (d) A mineral that is required for keeping our bones healthy.

Answer 2:

- (a) The nutrients which mainly give energy to our body – *Carbohydrates and Fats*
- (b) The nutrients that are needed for the growth and maintenance of our body - *Proteins*
- (c) A vitamin required for maintaining good eyesight – *Vitamin A*
- (d) A mineral that is required for keeping our bones healthy – *Calcium*

Question 3:

Name two foods each rich in:

- (a) Fats
- (b) Starch
- (c) Dietary fibre
- (d) Proteins

Answer 3:

- (a) Fats : Ghee, butter, milk, egg etc.
- (b) Starch : Potatoes, sugar, rice etc.
- (c) Dietary fibre : Vegetables. Fresh fruit etc.
- (d) Protein : Milk, beans, egg, cheese etc.

Question 4:

Tick (✓) the statement that are correct.

- (a) By eating rice alone, we can fulfil nutritional requirement of our body. ()
- (b) Deficiency disease can be prevented by eating a balanced diet. ()
- (c) Balanced diet for the body should contain a variety of food items. ()
- (d) Meat alone is sufficient to provide all nutrients to the body. ()

Answer 4:

- (a) By eating rice alone, we can fulfil nutritional requirement of our body. (X)
- (b) Deficiency disease can be prevented by eating a balanced diet. (✓)
- (c) Balanced diet for the body should contain a variety of food items. (✓)
- (d) Meat alone is sufficient to provide all nutrients to the body. (X)

Question 5:

Fill in the blanks.

- (a) _____ is caused by deficiency of vitamin D.
- (b) Deficiency of _____ causes a disease known as beriberi.
- (c) Deficiency of vitamin C causes a disease known as _____.
- (d) Night blindness is caused due to deficiency of _____ in our food.

Answer 5:

- (a) Rickets is caused by deficiency of vitamin D.
- (b) Deficiency of vitamin B₁ causes a disease known as beriberi.
- (c) Deficiency of vitamin C causes a disease known as scurvy.
- (d) Night blindness is caused due to deficiency of vitamin A in our food.