

Components of food

- ① Name the major nutrients in our food?
- ② The major nutrients in our food are named Carbohydrates, proteins, fats, vitamins and minerals. In addition food contains dietary fibers and water which are also needed by our body.

Name the following

- ② (i) The nutrients which mainly give energy to our body?
- ③ The nutrients which mainly give energy to our body - carbohydrate and fats
- ② (ii) The nutrients which mainly give energy to our body?
- ③ The nutrients that are needed for the growth and maintenance of our body - proteins.
- ③ A vitamin required for ~~keeping~~ Maintaining our good eye sight?
- ③ A vitamin required for ~~keeping~~ Maintaining good eye sight - vitamin A
- ③ A mineral that is required for keeping our bones healthy?
- ③ A mineral that is required for keeping our bones healthy - calcium.

③ Name two foods each rich in:

- ③ fats: Ghee, Butter, milk, egg etc
- ③ Starch: potatoes, sugar, Rice etc
- ③ Dietary: fibre, vegetables, fresh fruits etc
- ③ protein: Milk, Beans, Egg, cheese etc

④ Tick (✓) the statements that are correct

- ③ By eating rice alone, we can fulfill nutrition requirement of our body (x)
- ③ Deficiency diseases can be prevented by eating a balanced diet (✓)
- ③ Balanced diet for the body should contain a variety of food items (✓)
- ③ Meat alone is sufficient to provide all nutrients to the body (x)

⑤ Fill in the blanks:

- ③ Rickets is called by deficiency of vitamin D
- ③ Deficiency of vitamin B1 causes a disease known as beriberi
- ③ Deficiency of vitamin C causes a disease known as scurvy
- ③ Night blindness is called due to deficiency of vitamin A in our food

Ans 2/7/24