

Homework

4) Answer the following questions: [Very Short]:

d) Define balanced diet?

→ A diet which is required for proper growth, maintenance, protection of body in proportion to age, sex, physical activities, etc. and contains all the vital nutrients are called balanced diet.

e) What is junk food?

→ The food with low or no nutritive value are called junk food.

5) Answer the following questions:

d) List the ways of preserving the nutrients in our daily food.

→ The ways of preserving the nutrients in our daily food are follows;

- We should not overcook food.
- We should cover the food while cooking.
- We should not peel off the vegetables like potato, sweet potato, etc.
- We should use cold storage or refrigerator for storing food.
- We should wash the food nicely before ~~cooki~~ cutting it.

e) What is junk food? Write down the bad effects of junk food.

→ Junk food is the food with low or no nutritive value.

→ The bad effects of junk food are as follows;

- Loss of appetite and indigestion.
- Nausea, vomiting and lack of sleep.

→ ~~The food~~ - Junk foods lack essential nutrients and make us unhealthy.

- Physical growth and mental health development become affected.
- Some diseases like cancer, jaundice, typhoid, stone, ulcer, gastritis, etc are also caused by junk foods.

7) What are energy-giving foods? Make a list of them.

→ The foods which are rich in carbohydrate and fat are called as energy giving foods.

→ Energy giving foods are:

- | | |
|----------------|----------------|
| - Rice | - Sugar |
| - Wheat | - Ghee |
| - Maize | - Milk |
| - Potato | - Milk Product |
| - Sweet fruits | - Sweets, etc. |

6. Write Short note on:

a) Food adulteration:

→ Food adulteration is the practice of adulterating food or contaminating food materials by adding few substances called as adulterants. Adulteration is a bad practice as adulterants are unhealthy food and After being added to nutritious food, the adulterants reduce the nutrients the food and makes it unhealthy. Adulteration is mostly done in dairy products, cereals, vegetables, meat, grains, etc.

b) Body-building foods

→ The foods rich in proteins like bean, pulses, gram, eggs, meat, etc are called as body-building

foods. These ~~bo~~oods help us to grow, build up our bones and muscles and also grow strong and healthy. These foods are really high in protein. therefore, they help us to be healthy, strong and increases our muscles, bone, skin and blood.
