

Question:1

Name the major nutrients in our food.

Solution:

The major nutrients in our food are: Carbohydrates, proteins, fats, vitamins, and minerals.

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 required for keeping our bones healthy.

Solution:

- (a) Carbohydrates and fats
- (b) Proteins and minerals
- (c) Vitamin A
- (d) Calcium

Question:3

Name two foods each rich in:

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

Solution:

- (a) Groundnut and Butter
- (b) Rice and Mango
- (c) Potatoes and pulses
- (d) Fish and Gram

Question:4

Tick (||) the statements that are correct.

- (a) By eating rice alone, we can fulfil the nutritional requirement in our body. ()
- (b) Deficiency diseases can be prevented by eating a balanced diet. ()

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

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

Solution:

(a) By eating rice alone, we can fulfil the nutritional requirement in our body. (&mnCross;)

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

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

(d) Meat alone is sufficient to provide all nutrients to the body. (&mnCross;)

Question:5

Fill in the blanks:

(a) _____ is caused by the deficiency of vitamin D.

(b) Deficiency of _____ causes a disease known as beri-beri.

(c) Deficiency of vitamin C causes a disease known as _____.

(d) Night blindness is caused due to deficiency of _____ in our food.

Solution:

(a) Rickets is caused by the deficiency of vitamin D.

(b) Deficiency of vitamin B1 causes a disease known as beri-beri.

(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.