

## Chapter 19: Constituents of food

Q. 1. Fill in the blanks:

- (1) **Vitamins** in our food give us the ability to resist diseases.
- (2) Calcium makes our bones **strong**
- (3) Foodstuffs that taste sweet contain various kinds of **sugars**
- (4) A diet that provides all the constituents of the food in the right proportions is called a **balanced** diet.
- (5) Sugar cane juice contains sugar called **sucrose**
- (6) The condition is called **anaemia** when there is a deficiency of iron in the body.
- (7) If food does not contain enough fibre, it can lead to **constipation**

Q. 2. Underline the correct word:

- (1) In sago and potato there is starch/protein.
- (2) When a piece of bread is slowly chewed, it tastes sour/sweet.
- (3) Fibre is also called roughage/stool.
- (4) The white part/egg yolk of the egg is a fatty substance.
- (5) Oil makes the paper opaque/translucent.

Q. 3. Give two sources of each of the following food constituents:

- (1) Minerals: **Spinach, Milk, Banana, Nuts**
- (2) Proteins: **Eggs, Pulses, Fish, Cheese**
- (3) Starch: **Rice, Potatoes, Maize, Wheat**

Q. 4. Write two examples of each:

- (1) Carbohydrates: **Sugars, starch, fibres**
- (2) Vitamins: **A, B, C, D, E**

(3) Sugars: Sucrose, glucose

(4) Minerals: Calcium, Iron, Potassium, Zinc

Q. 5. Match the columns:

Column 'A'	Answers	Column 'B'
(1) Fats	Oil	(a) Jowar
(2) Proteins	Pulses	(b) Oil
(3) Vitamins	Bran of cereal	(c) Bran of cereal
(4) Minerals	Iron	(d) Pulses
(5) Starchy foods	Jowar	(e) Iron

Q. 6. Answer the following questions:

(1) Of what use are the sugars that we get from digestion of starch?

Answer: The sugars from digestion of starch provide energy to the body for daily activities, growth, and maintenance of body functions.

(2) Name the sources of fibre in our diet.

Answer: Sources of fibre include fruits, vegetables, whole grains, legumes (like beans and lentils), and nuts.

(3) What are carbohydrates?

Answer: Carbohydrates are nutrients found in foods like bread, rice, and potatoes that provide energy to the body. They are made up of sugars and starches.

(4) What is meant by malnutrition?

Answer: Malnutrition is when a person's diet lacks the proper amount of nutrients (like vitamins, minerals, proteins, etc.) or has too much of certain foods, leading to health problems.

(5) What is a balanced diet?

Answer: A balanced diet includes a variety of foods in the right proportions, providing all the necessary nutrients (carbohydrates, proteins, fats, vitamins, and minerals) for good health.

(6) Give examples of fatty substances.

Answer: Examples of fatty substances include butter, oils (like olive oil), cheese, and ghee.

(7) How is fat stored in the body? When is it reused?

Answer: Fat is stored in the body as adipose tissue (fat cells). It is reused when the body needs extra energy, especially when there is not enough food available or during physical activity.

Q. 7. Give reasons:

(1) Sugar cane is sweet to taste.

Answer: Sugar cane contains a high amount of natural sugars like sucrose, which give it a sweet taste when eaten.

(2) The flour of any grains should not be sifted.

Answer: Flour should be sifted in moderation. If too much flour is sifted, it may remove important nutrients like fiber and some minerals that are found in the bran and germ of the grain.

(3) An injury from the outside of the body does not at once cause damage to internal organs.

Answer: The body has protective layers, such as skin and muscles, that shield the internal organs. External injuries may affect the surface but not immediately harm internal organs unless the injury is deep or severe.

(4) Boiled egg is one of the best nourishing foods.

Answer: Boiled eggs are rich in high-quality proteins, essential vitamins (like Vitamin A and B12), and minerals (like iron and calcium), which are important for growth and maintaining body functions.

Q. 8. Use your brain power!

(1) Why do we feel hungrier in winter than we do in summer? (Textbook page 96)

Answer: In winter, the body requires more energy to stay warm, which increases the need for food. The colder weather makes the body burn more calories to maintain a stable temperature, causing us to feel hungrier.

(2) Why do we use a padding of cloth under a mortar when we place it on the floor and pound something in it? (Textbook page 98)

Answer: The padding of cloth helps prevent the mortar from slipping and also reduces the noise and vibrations when pounding. It provides stability and protects the floor from damage.

(3) Do we get all the different constituents of food from thalipeeth that consists of a green vegetable eaten with yoghurt? (Textbook page 100)

Answer: Thalipeeth with green vegetables and yogurt provides several important food constituents like carbohydrates, proteins, vitamins, and minerals. However, it may not provide sufficient fats and some other essential nutrients, so it is important to include other foods for a balanced diet.

(4) Which food constituents do we get from the ingredients used to make bhel?

(Textbook page 100)

Answer: Bhel, made from puffed rice, vegetables, and chutneys, provides carbohydrates (from puffed rice), vitamins and minerals (from vegetables), and fats (from the chutney or oil used in preparation).

(5) Why are children told to drink milk every day? (Textbook page 102)

Answer: Milk is a good source of calcium, which is essential for strong bones and teeth. It also provides protein, vitamins (like Vitamin D), and minerals that are important for growth and overall health.

## OPEN-ENDED QUESTIONS

What's the solution? (Textbook page 102)

(1) The body requires an adequate quantity of proteins.

Answer: Proteins are essential for growth, repairing body tissues, and maintaining a strong immune system. To ensure the body gets enough proteins, include foods like pulses, eggs, fish, milk, and meat in the diet.

(2) The maid working in your house, looks malnourished. What will you do to improve her health and nutrition?

Answer: To improve her health and nutrition, I would suggest:

1. Providing her with a balanced diet, including proteins, vitamins, minerals, and carbohydrates.
2. Ensuring regular meals, including fruits, vegetables, and whole grains.
3. Encouraging her to drink enough water and avoid junk food.
4. If needed, seek advice from a nutritionist or doctor to address any specific health issues.

(3) What substances do we use to give our food a sweet taste?

Answer: We use substances like sugar, honey, jaggery, and sweet fruits (like mangoes and apples) to give food a sweet taste.

(4) Of the food that we eat raw, which ones are sweet?

Answer: Some raw foods that are sweet include fruits like apples, bananas, grapes, and carrots.