

# Chapter 7: Food and Nutrition

**Question. 1. Fill in the blanks choosing the suitable words given in the bracket:**

(sifting, necessary, sugar, staple, taste buds, expensive, healthy, pressure cooker)

- (1) Fruits taste sweet because they contain **sugar**.
- (2) Rice, wheat, jowar, bajra are our **staple** foods.
- (3) The tiny peaks on our tongue are called **taste buds**.
- (4) All **expensive** foods are not more nourishing.
- (5) If our body is to work properly, it must remain **healthy**.
- (6) Use **pressure cooker** while cooking food.
- (7) Use whole grain flour without **sifting**.
- (8) When cooking food, add only as much water as is **necessary**.

**Question. 2. Write whether the following statements are True or False:**

- (1) We can serve garlic chutney using a big ladle. **False**
- (2) We need little water to keep our body functioning properly. **False**
- (3) We should eat pulses only when they are sprouted excessively long. **False**
- (4) Taste buds are situated in the nose. **False**
- (5) Some of the constituents give strength to our body. **True**
- (6) While preparing food items, all the constituents of the food remain intact. **False**
- (7) Drinking water after chewing amla, tastes sweet. **True**
- (8) Our diet includes same food items. **False**

**Question. 3. Match the columns:**

Group 'A'	Answers	Group 'B'
(1) Milk	butter	(a) sour
(2) Sesame	oil	(b) sugar

<b>(3) Tamarind</b>	sour	<b>(c) flour</b>
<b>(4) Jowar</b>	flour	<b>(d) oil</b>
<b>(5) Chikoo</b>	sugar	<b>(e) butter</b>

**Question. 4. Give two names each of the following:**

**(1) The substances added to food items while cooking so that they become sweet.**

**Answer:** a. Sugar                      b. Jaggery

**(2) Fruits that should be eaten with the peels.**

**Answer:** a. Fig                              b. Grapes

**(3) Pulses to be eaten after sprouting.**

**Answer:** a. Waal Beans              b. Matki

**(4) Coloured vegetables which could be eaten as salads.**

**Answer:** a. Carrot                      b. Beetroot

**(5) Foodstuffs that can be mixed with any dish while cooking.**

**Answer:** a. Potato                      b. Dal

**Question. 5. Give reasons:**

**(1) We must take certain precautions while cooking food.**

**Answer:** We must take certain precautions while cooking food to prevent contamination and ensure hygiene. Proper cooking preserves the nutritional value of ingredients and prevents accidents like burns. It also ensures food is cooked thoroughly to eliminate harmful bacteria.

**(2) Our body must be healthy.**

**Answer:** Our body must be healthy because good health strengthens our immunity, allowing our organs to function efficiently. It improves both physical and mental well-being, contributing to a better quality of life and longer, more active living.

**(3) Garlic is not an important foodstuff.**

**Answer:** Garlic is not an important foodstuff as it is primarily used for flavor and consumed in small quantities. While it has health benefits, it does not provide significant calories or essential nutrients compared to staple foods.

**Question. 6. Answer the following questions in brief:**

**(1) What new thing did Monikatai tell about the tongue?**

**Answer:** “Only one tongue can tell us many tastes”, this new thing was told by Monikatai to children

**(2) Fruits are sweet. Does that mean that they contain only sugar?**

**Answer:** Fruits do not contain only sugar but have many other constituents too. There are energy giving substances and fibres in the fruits

**(3) What are nourishing foods?**

**Answer:** The foods that make the body grow strong are called nourishing foods.

**(4) Which food ingredients contain sour elements?**

**Answer:** Lemon, tamarind, raw mangoes, tomato have sour elements. These are added to dishes of food to give a sour taste

**Question. 7. Use your brain power: (Textbook page 48)**

**(1) Is thalipeeth more nourishing than a bhakari made of only jowar or bajra flour?**

**Answer:** Yes, thalipeeth is generally more nourishing because it is made with a mix of flours, vegetables, and spices, providing a broader range of nutrients compared to a bhakari made solely from jowar or bajra flour.

**(2) If we add crushed peanuts or fresh coconut to a dish, will it make the dish more nourishing?**

**Answer:** Yes, adding crushed peanuts or fresh coconut increases the dish's nutritional value by providing healthy fats, protein, and essential vitamins and minerals.

**(3) Why do we squeeze lemon juice on rice and dal?**

**Answer:** We squeeze lemon juice on rice and dal to enhance flavor, improve digestion, and increase the absorption of iron and other nutrients present in the food.

**(4) Which crop growing in a field contains the most sugar?**

**Answer:** Sugarcane is the crop that contains the most sugar, as it is specifically cultivated for its high sugar content.