



QUESTIONS FROM TEXTBOOK

1. Name the major nutrients in our food.

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

The table below shows the nutrients present in some food items:

Table

<i>Food Item</i>	<i>Starch Present</i>	<i>Protein Present</i>	<i>Fat Present</i>
Raw potato	Yes	—	—
Milk	—	Yes	Yes
Groundnut	—	Yes	Yes
Uncooked dry rice	Yes	—	—
Cooked rice	Yes	—	—
Dry coconut	—	—	Yes
Uncooked tuar dal (powdered)	—	Yes	—
Cooked dal	—	Yes	—
A slice of any vegetable	—	—	—
A slice of any fruit	—	—	—
Boiled egg white	—	Yes	—

2. Name the following:

- The nutrients which mainly give energy to our body.
- The nutrients that are needed for the growth and maintenance of our body.
- A vitamin required for maintaining good eyesight.
- A mineral that is required for keeping our bones healthy.

Ans:

- Carbohydrates
- Proteins
- Vitamin A
- Calcium

3. Name two foods each rich in:

- Fats
 - Starch
 - Dietary fibre
 - Protein
- Ans:
- Ghee, butter,
 - Raw potato, rice,
 - Spinach, cabbage, carrot, ladies finger, (any two)
 - Milk, egg, fish, meat, pulses (any two).

4. Tick the statements that are correct.

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

5. Fill in the blanks:

- _____ is caused by deficiency of Vitamin D.
- Deficiency of _____ causes a disease known as beri-beri.
- Deficiency of Vitamin C causes a disease known

as _____ .

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

Ans:

- (a) Rickets
- (b) Vitamin B1
- (c) scurvy
- (d) Vitamin A

EXTRA QUESTIONS

I. VERY SHORT ANSWER TYPE QUESTIONS

1. Do all meals consist of the same food items?

Ans: No, all meals do not have the same food items.

2. Why should a meal have different food items?

Ans: A meal should have different food items because our body needs different kinds of nutrients for proper functioning.

3. Do all foods contain all the required nutrients?

Ans. No, all foods do not contain all the nutrients required by our body.

4. Name two main types of carbohydrates found in our food.

Ans: (i) Starch (ii) Sugar

5. What are carbohydrates?

Ans: The compounds of carbon, hydrogen and oxygen which provide energy for our body are called carbohydrates.

6. What happens when two or more drops of iodine solution fall on starch substance?

Ans: The colour of the substance becomes blue-black.

7. If any food item gives blue-black colour with iodine then which nutrient is present in the food?

Ans: Starch.

8. Name two substances which provide carbohydrates.

Ans: (i) Potato (ii) Rice/wheat/maize/sugar

9. Name the food nutrient indicated by an oily patch on paper.

Ans: An oily patch on paper shows the presence of fat.

10. Name two energy-providing nutrients.

Ans: (i) Carbohydrates (iii) Fats

11. Name a nutrient which helps in repairing the damaged body cells.

Ans: Proteins.

12. Name two nutrients which protect the body from diseases.

Ans: (i) Vitamins (ii) Minerals

13. Name two plant food items which provide proteins.

Ans: (i) Dal (pulses) (ii) Soyabean

14. Name two sources of proteins provided by animals.

Ans: (i) Milk (ii) Eggs

15. Which type of food is called body-building food?

Ans: The food containing proteins is called body-building food.

16. Name two food items which provide fats.

Ans: (i) Oils (ii) Ghee

17. Name various types of vitamins.

Ans: Various types of vitamins are:

1. Vitamin A,
2. Vitamin B-complex,
3. Vitamin C,
4. Vitamin D,
5. Vitamin E,
6. Vitamin K.

18. Name a vitamin which represents a group of vitamins.

Ans: Vitamin B-complex.

19. Name two sources of Vitamin A.

Ans: (i) Fish-oil (ii) Milk

20. Write two sources of Vitamin B.

Ans: (i) Liver (ii) Beans

21. Write two sources of Vitamin C.

Ans: (i) Orange/lime (ii) Amla

22. Write two sources of Vitamin D.

Ans: (i) Fish (ii) Butter

23. What is roughage?

Ans. The food containing plant fibres which are also known as dietary fibres is called roughage.

24. What is the main function of roughage?

Ans: The main function of roughage is to help our body get rid of undigested food.

25. Name some food items which provide roughage.

Ans: Whole grains, fresh fruits and vegetables are the main sources of roughage.

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