

**Chapter-2**

**Components of Food**

Question -1: Name the major nutrients in our food.

Ans. The major nutrients in our food are carbohydrates, proteins, fats, vitamins and minerals. In addition, food also contains dietary fibres and water.

Question -2: What do you mean by nutrients?

Ans. Our food contains some components that are needed by our body. These components are called nutrients.

Question -3: Which two nutrients are also known as energy giving nutrients?

Ans. Carbohydrates and fats

Question -4: Which two nutrients are needed for the growth and the maintenance of our body?

Ans. Proteins and minerals are needed for the growth and the maintenance of our body.

Question -5: What is the role of vitamins in our body?

Ans. Vitamins help in protecting our body against diseases.

Question -6: What do you mean by balanced diet?

Ans. Balanced diet provides all the nutrients that our body needs, in right quantities, along with adequate amount of roughage and water.

Question -7: What can happen to our body if there is a deficiency of one or more nutrients?

Ans. Deficiency of one or more nutrients in our food for a long time may cause certain diseases or disorders.

Question -8: What are the various types of vitamins?

Ans. Vitamins can be of several types such as Vitamin A, B, C, D and E. Deficiency of these vitamins may lead to diseases like night blindness, beriberi, scurvy and rickets.

Question -9: What is the other name for dietary fibres?

Ans. Dietary Fibres are also known as roughage

Question -10: What is the role of dietary fibres in our body?

Ans. Dietary fibres help our body to get rid of undigested food and water helps absorbing nutrients from food

Question -11: How can we prevent ourselves from deficiency diseases?

Ans. By taking balanced diet

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