

CHAPTER-2 COMPONENTS OF FOOD

Exercises

Question 1:

Name the major nutrients in our food.

Answer 1:

The major nutrients in our food are named *carbohydrates, proteins, fats, vitamins* and *minerals*. In addition, food contains dietary fibres and water which are also needed by our body.

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 that is required for keeping our bones healthy.

Answer 2:

- (a) The nutrients which mainly give energy to our body – *Carbohydrates and Fats*
- (b) The nutrients that are needed for the growth and maintenance of our body - *Proteins*
- (c) A vitamin required for maintaining good eyesight - *Vitamin A*
- (d) A mineral that is required for keeping our bones healthy - *Calcium*

Question 3:

Name two foods each rich in:

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

Answer 3:

- (a) Fats : Ghee, Butter, Milk, Egg etc.
- (b) Starch : Potatoes, Sugar, Rice etc.
- (c) Dietary fibre : Vegetables, Fresh fruits etc.
- (d) Protein : Milk, Beans, Egg, Cheese etc.

Question 4:

Tick (✓) the statements that are correct.

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

Answer 4:

- (a) By eating rice alone, we can fulfil nutritional requirement of our body. (X)
- (b) Deficiency diseases can be prevented by eating a balanced diet. (✓)
- (c) Balanced diet for the body should contain a variety of food items. (✓)
- (d) Meat alone is sufficient to provide all nutrients to the body. (X)

Question 5:

Fill in the blanks.

- (a) _____ is caused by deficiency of Vitamin D.
- (b) Deficiency of _____ causes a disease known as beriberi.
- (c) Deficiency of Vitamin C causes a disease known as _____.
- (d) Night blindness is caused due to deficiency of _____ in our food.

Answer 5:

- (a) **Rickets** is caused by deficiency of Vitamin D.
- (b) Deficiency of **vitamin B1** causes a disease known as beriberi.
- (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.