

Components of food:

Q1. Why do we need food? Write its functions?

Ans. Our body need various types of food to get energy. This energy is used to perform all the functions of our body like:

1. i. Growth ii. Movement iii. Digestion iv. Respiration
v. Circulation vi. Excretion etc.
2. Maintenance of cells
3. To repair worn out tissues.

Q2. What are Nutrients. Give examples?

Ans. All the components which are present in our food like carbohydrates, **fats**, proteins, minerals and vitamins etc. These components serve for different purposes in our body are called Nutrients.

Q3. Name the various types of nutrients?

Ans. Nutrients are of five types:-

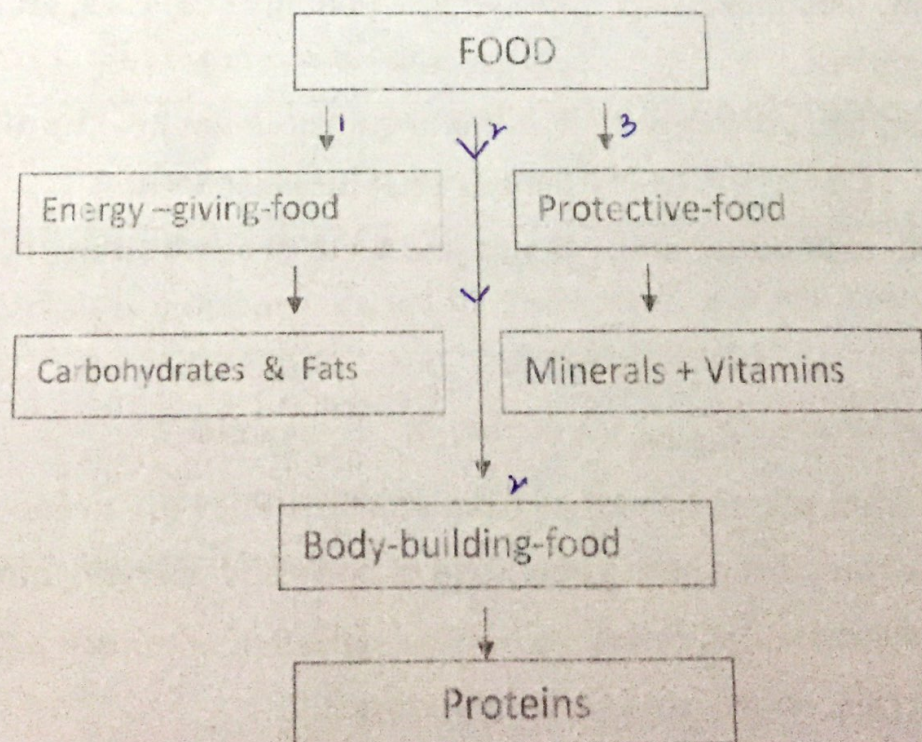
- i. Carbohydrates ii. Fats iii. Proteins
- iv. Minerals v. Vitamins

Along with these nutrients our body needs

- i. Roughage ii. Water

Q4. How can we classify the food?

Ans. We can classify food on the basis of its functions as:-



Q5. What is Carbohydrates? Give examples.

Ans. It is none of the nutrient of our food. It is major source of energy.

Glucose is present in Sugars, Milk, Honey, Grapes and melon. Starch is complex carbohydrates present in Rice, bread, cake, potato and sweets etc.

Q6. Define fats? Give examples.

Ans. It is important part of our body. It also provides energy, which is stored in our body. It is present in Butter, ghee, cheese, Milk, meat, nuts, sunflower, olive and veg oil.

Q7. What are proteins? Give examples.

Ans. It is important nutrient of our body. It is called building-blocks of life.

These are made up of Amino Acid. They are used for growth and development of body. They are present in plants and animals products. examples are pulses, Nuts, seeds, legumes and milk, eggs, fish, poultry and meat.

Q8. What is Vitamin? Give examples.

Ans. It is very important nutrient of food. They are called protective food. They are present in fruits vegetables eggs, milk and butter.

Q9. Name some vitamin their source and importance.

Ans. Vitamin Source Important in the body

	Vitamin	Source	Important in the body
A		Carrot, Mango liver fish oil, butter	It is good for eyes, hair and skin
B		Yeast, meat, fish, milk, Green vegetables.	Proper functioning of muscles, growth and nerves
C		Citrus fruit, lemon, orange and Amla	Teeth and gums remain healthy and fight against diseases
D		Cod liver oil, milk butter and sun light	Bones and teeth become strong

Q10. Define minerals? Give examples.

Ans. We get minerals from plants as well as from animals. They are needed in very small amount. They help in building of body and carrying out various life processes.

Q11. Name some minerals, source and their importance?

Ans.	Mineral	Source	Importance
i	Calcium	Milk, green veg	For building bones and teeth help blood and teeth
ii	Phosphorus	Meat, fish, egg	For building bones and teeth
iii	Iron	Liver, meat and vegetables	Making blood in body
iv	Sodium	Salt, green veg	Maintains water in body
v	Iodine	Sea food, iodised salt	Help in growth

Q12. Define roughage? Give example.

Ans. It is dietary fibre. It help in digestion and make bowel movement free. It is present in fruits and vegetables and whole grains.

Q13. What is water. Give its importance?

Ans. Water is very important in our lives. We need 8 - 12 glasses of water per day. It is good solvent. It carries good and harmful substances. It keeps kidneys, liver and heart in a healthy condition. It help in removing sweat and urine. It maintains our body temperature. It contains various minerals. Our body is made up of 70 - 75 % of water.

Q14. Define Balanced diet?

Ans. A diet which contains all the nutrients in a correct ratio for the maintenance of cell, tissue and organ of our body, is called a balanced diet.

Q15. What is malnutrition?

Ans. It is a condition that occurs when a person's body does not get enough nutrients, this will lead to deficiency diseases.

Q16. Define Anemia?

Ans. It is a disease caused by presence of less Red blood cells and Haemoglobin in blood. The symptoms are:-

- i. Weakness
- ii. pale-skin
- iii. loss of appetite
- iv. fast palpitation.

Q17. What is Goitre?

Ans. Goitre is a disease caused by iodine deficiency in our body. A person with goitre has less physical and mental development.

Q18. What is obesity?

Ans. It is a disease caused by over-eating of fatty and adulterative food products and carbohydrates etc is called obesity.

19. Answer these questions:

- i. Ricket is caused due to vitamin D deficiency
- ii. Sea food is good source of vitamin A
- iii. Kwashiorkor is due to deficiency of
Protein and carbohydrates
- iv. Water is important for Transport substances in our body.
- v. Benedict's solution is used to test the sugar in food.
- vi. Night blindness is caused due to deficiency of vitamin A.
- vii. Fruits and vegetables are source of vitamins.
- viii. Milk is complete food as it has all nutrients.
- ix. Citrous fruit contains vitamin c.
- x. Growth of nerves and muscles is due to vitamin b.
- xi. Carbohydrates are called energy-giving food.
- xii. Proteins are called Body-building food.
- xiii. Deficiency of food leads to malnutrition.
- xx. Deficiency of iodine leads to Goitre.
- xxi. Roughage makes bowel-movement free.
- xxii. Balanced - diet has all nutrients.
- xx ii. Anemia is deficiency of iron.

Q20. Write true or false. (T or F)

- i. Balanced diet is complete diet _____ T
- ii. Proteins are not body building food _____ F
- iii. Carbohydrates are not energy giving food _____ F
- iv. Protective food are important _____ T
- v. Roughage is dietary fibre _____ T

Q21. Match the following:-

- i. Goitre _____ Deficiency disease
- ii. Vitamins _____ Keeps body healthy
- iii. Fish _____ Protein
- iv. Starch _____ Carbohydrates
- v. Glucose _____ Instant source of energy