

Ln.no – 1 :

Food and Health.

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**Give one-word answers.**

1. a nutrient that helps in the growth and development of the body. **Protein**
2. the main nutrient present in butter. **Fats**
3. the condition caused by eating too much junk food. **Obesity**
4. a disease caused by the deficiency of vitamin C. **Scurvy**
5. a mineral whose deficiency causes anaemia. **Iron**

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**A. Tick the correct answers.**

1. A diet that includes all the nutrients, roughage and water in the right amounts is called a
  - a. good diet
  - b. correct diet
  - c. **balanced diet**
  - d. doctor's diet
2. Potato, bread, rice and chapatti are rich sources of
  - a. **carbohydrates**
  - b. fats
  - c. proteins
  - d. water
3. We get roughage from
  - a. milk
  - b. eggs, fish and meat
  - c. butter, cheese and ghee
  - d. **fruits and vegetables**
4. a disease caused due to the lack of one or more nutrients is called a
  - a. **deficiency disease**
  - b. communicable disease
  - c. imbalanced disease
  - d. contact disease
5. Beriberi is caused due to the deficiency of
  - a. vitamin A
  - b. **vitamin B**
  - c. vitamin C
  - d. vitamin D

**B. Fill in the blanks.**

1. Essential substances in food that help our body grow and develop are called **nutrients**.
2. Pulses, eggs, milk and soya beans are rich sources of **proteins**.
3. Obesity is caused by eating **junk food** and the lack of **exercise**.
4. Sunlight is a good source of **vitamin D**.
5. Goitre is caused due to the deficiency of **iodine** in our diet.

**C. Circle the odd one out.**

1. carbohydrates    proteins    **roughage**    vitamins    minerals
2. bread    chapatti    rice    **fruit**    potato
3. pulses    beans    **rice**    meat    milk
4. cheese    butter    ghee    **water**    meat
5. rickets    beriberi    **typhoid**    scurvy    night blindness

**D. Who am I?**

1. I am present in pulses, eggs and milk. I help your body in growth and maintenance. **Proteins**
2. I give you extra energy for later use. However, you should have less of me. **Fats**
3. I am not a nutrient, but help in carrying nutrients to various parts of the body. **Water**
4. I am enjoyable to eat, but bad for your health. You should avoid eating me. **Junk food**
5. I am needed in small quantities. My deficiency can cause anaemia. **Iron**

**E. Write short answers.**

**1. Anil decides to have rice and potato for a meal. Which nutrients are missing from his meal? What else should he eat to make it a balanced diet?**

Ans: Anil's meal consists of carbohydrates only. The nutrients missing from his meal are proteins, fats, vitamins and minerals. He should also include roughage and water in his diet to make it balanced. He can get these nutrients from food such as pulses, cheese, green vegetables, meat, fish and eggs.

**2. Why it is important to be healthy? Which are the health habits that we must adopt?**

Ans: Good health enable us to have men interest in studies, participate in sports and other activities. Besides eating a balanced diet, we must exercise regularly, maintain a correct posture and get enough rest to stay healthy.

### **3. Why junk food is not good for us?**

Ans: Junk food is rich in sugars and fats but has very little protein, vitamins and minerals. Eating a lot of fatty and sugary foods causes deposition of extra fat in the body. This makes a person overweight.

### **F. Answer these questions?**

#### **1. Name the nutrients present in food and the roles they play in keeping us alive and healthy.**

Ans: The different nutrients present in food and the role they play in keeping us alive and healthy are:

- I. Carbohydrates: They provide energy to our body.
- II. Proteins: They help in the growth and maintenance of the body
- III. Fats: They are stored in the body to provide energy for later use. They also keep the body warm.
- IV. Vitamins and minerals: They are needed in very small quantities. They help in fighting diseases.

#### **2. How is exercise useful to our body?**

Ans: Regular exercise help develop the muscles and make them flexible and strong. When we exercise, more blood is pumped and hence more oxygen reaches different parts of the body. This helps in repairing the damaged body parts and strengthening the nervous system and make bones and joints stronger.

#### **3. What are deficiency diseases? Name any five deficiency diseases and the nutrient that should be included in our diet to prevent them.**

Ans: A disease caused due to the lack of one or more nutrients in the body is called a deficiency disease. The following are five deficiency diseases and the nutrients needed to prevent them

S.no	Deficiency diseases	Nutrients need to prevent the disease
1.	Night blindness	Vitamin A
2.	Beri-beri	Vitamin B
3.	Scurvy	Vitamin C
4.	Rickets	Vitamin D
5.	Goitre	Iodine

### **G. Think and answer.**

**Write in your own words. (Compulsory)**