

Exercise Questions

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1. Name the major nutrients in our food.

Solution:

Major Nutrients in our food are Carbohydrates, Proteins, Lipids, Vitamins, Minerals and dietary fibers.

- 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.

Solution:

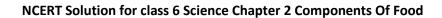
- a) Carbohydrates
- b) Proteins and minerals
- c) Vitamin A
- d) Calcium
- 3. Name two foods each rich in:
- (a) Fats
- (b) Starch
- (c) Dietary fiber
- (d) Protein

Solution:

- a) Cream, Butter
- b) Rice, Wheat
- c) Whole grains, raw vegetables
- d) Milk, Soya bean
- **4.** Tick ($\sqrt{ }$) the statements that are correct.
- (a) By eating rice alone, we can fulfill 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. ()

Solution:

- (a) By eating rice alone, we can fulfill nutritional requirement of our body. ()
- (b) Deficiency diseases can be prevented by eating a balanced diet. $(\sqrt{\ })$
- (c) Balanced diet for the body should contain a variety of food items. $(\sqrt{\ })$
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5. Fill in the blanks.		
(a)	is caused by deficiency of Vitamin D.	•
(b) Deficiency of	causes a disease known	as beri-beri.
(c) Deficiency of Vit	amin C causes a disease known as	•
(d) Night blindness	is caused due to deficiency of	in our food.
Solution:		
(a) Rickets is caused	by deficiency of Vitamin D.	
(b) Deficiency of Vit	amin B1 causes a disease known as ber	i-beri.
• •	amin C causes a disease known as Scur s caused due to deficiency of Vitamin A	