Exercise Questions

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 (√) 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. (√ )
(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. ( )
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 Vitamin 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 Vitamin B1 causes a disease known as beri-beri.
(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.