

Exercise Questions

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1. Name the major nutrients in our food.

Solution:

The major nutrients in our food are Carbohydrates, Proteins, Lipids, Vitamins, Minerals and dietary fibres.

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 fibre
- (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 fulfil the nutritional requirements 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 fulfil the nutritional requirements 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 the 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.

Solution:

- (a) **Rickets** is caused by the 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.

