



Chapter - 2

Components of food

 Name the following

- a) The nutrients which mainly give energy to our body. → Carbohydrates & Fats
 - b) The nutrients that are needed for the growth and maintenance of our body. → Proteins & Minerals
 - c) A vitamin required for maintaining good eyesight. → Vitamin A.
 - d) A mineral that is required for keeping our bones healthy. → Calcium
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 Name two foods each rich in

- a) Fats — ghee, butter



Food

- b) Starch - Raw Potato, rice
- c) Dietary fibre - Carrot, lady-finger
- d) Protein - Milk, eggs

Tick (✓) the statements that are correct.

- a) By eating rice alone, we can fulfill nutritional requirement of our body. (X)
- 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. (X)

● Fill in the blanks.

- a) Rickets is caused by deficiency of vitamin D.

- b) Deficiency of vitamin B 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.

? Answer the following questions.

Q-1 What is balanced diet?

Ans - A diet that contains all the nutrients that are required for proper growth and functioning of the body in the right amount is called a balanced diet.

Q-2 What is deficiency disease?

Ans - The diseases that occur in our body due to lack of essential nutrients over a long period.

of time are called deficiency disease.

Q-3 What are the symptoms of scurvy?

Ans - Symptoms of scurvy are swelling of the gums, bleeding gums, wounds take long time to heal.

Q-4 Name various types of vitamins

- Ans -
- Vitamin A
 - Vitamin B - complex (group)
 - Vitamin C
 - Vitamin D
 - Vitamin E
 - Vitamin K

Q-5 What is roughage? What is the main function of roughage

Ans - The food containing plant fibres which also known as dietary fibres is called roughage.

- The main function of roughage is to help our body get rid of undigested food.

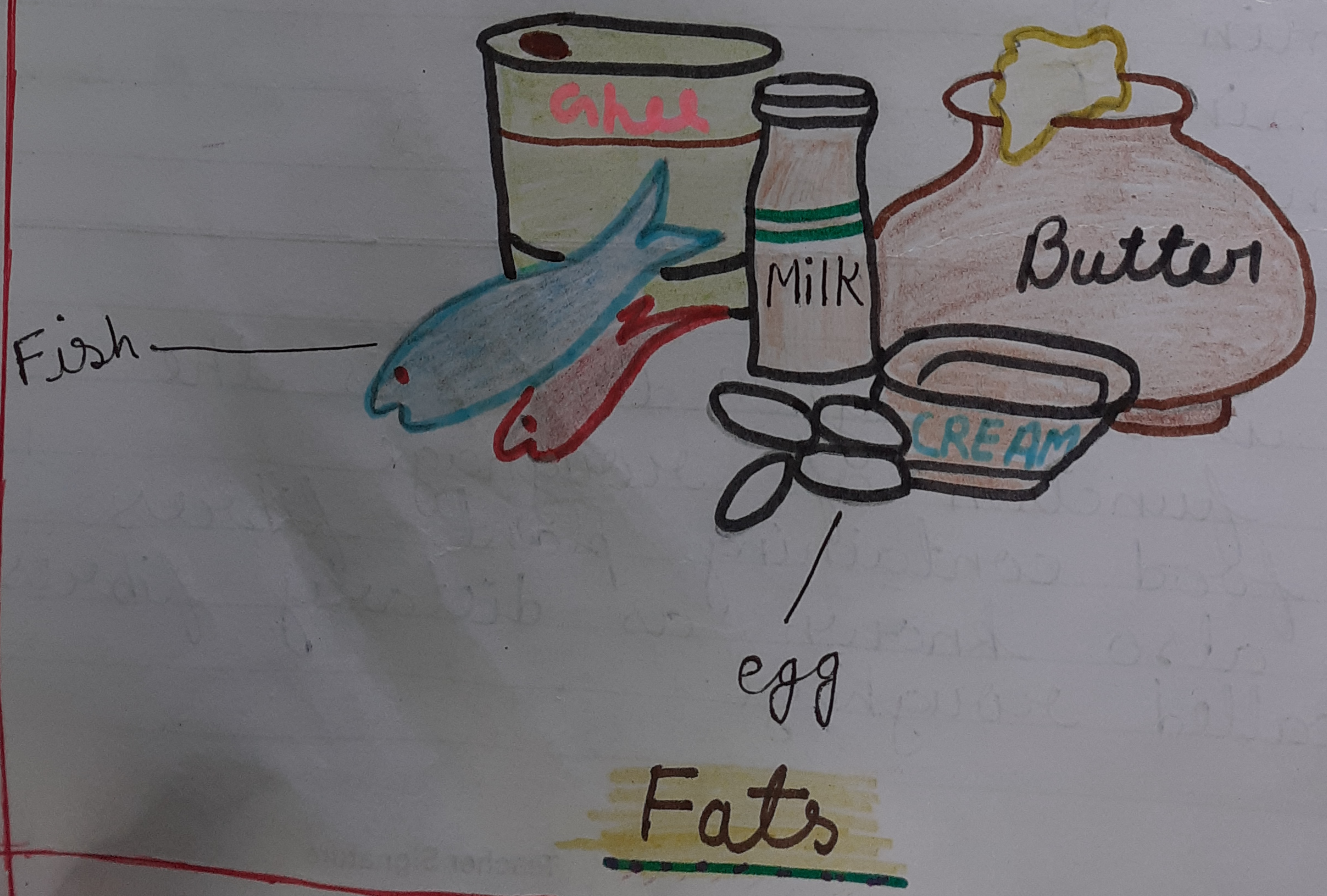
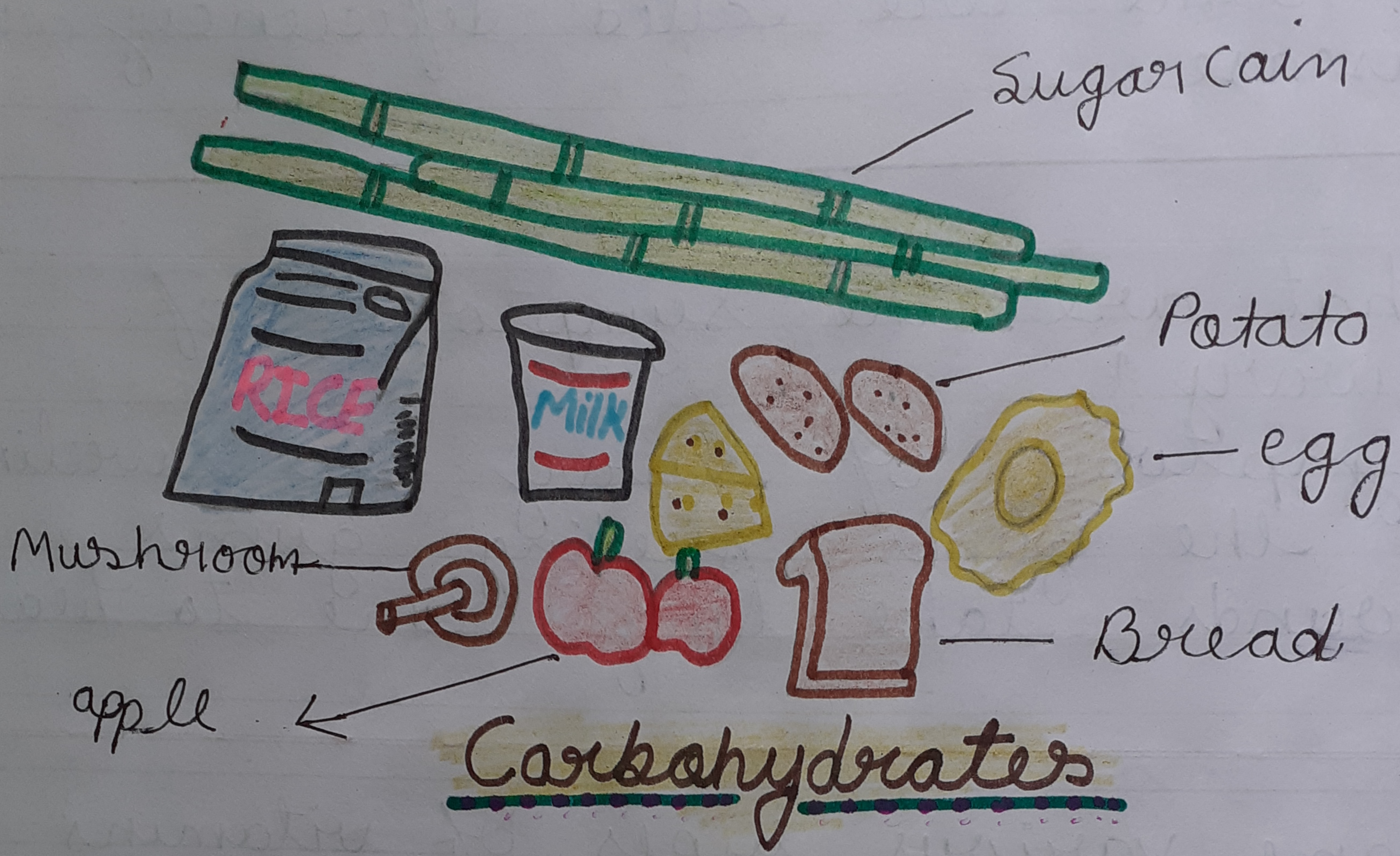
Q-6 What are nutrients? Name major nutrients.

Ans - The components of food which are needed by our body for growth and development are called nutrients. The major nutrients are

- Carbohydrates
- Fats
- Proteins
- Vitamins
- Minerals

Q-7 What is obesity?

Ans - When a person eats too much fat containing food then the fats deposited in his body and he may end up suffering from a condition called obesity.



Q-8 What do various nutrients (carbohydrates, vitamins, proteins & minerals) do for our body? write their rich sources also.

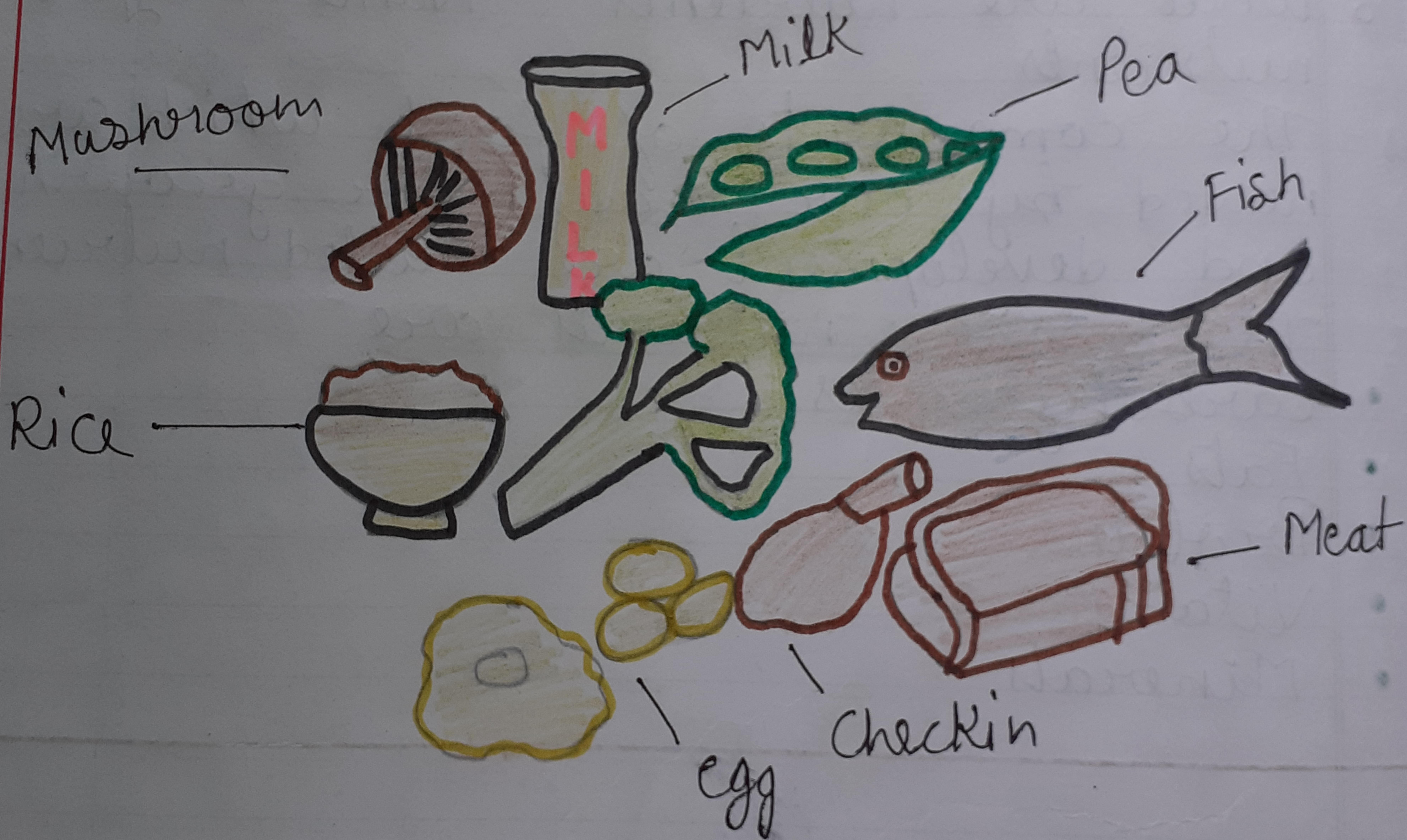
Ans - Carbohydrates and fats → Carbohydrates and fats mainly provide energy to our body, fats and carbohydrates are also called 'energy giving foods'.

• Proteins → Proteins are needed for the growth and repair of our body. Foods proteins are often called 'body building foods'.

• Vitamins → Vitamins help in protecting our body against diseases.

• Minerals → Minerals are needed for the growth and the maintenance of our body.

⇒ Carbohydrates (Rich sources)



Proteins

- a) Sugar - sugarcan, glucose, milk, banana fruits such as apple, etc.
- b) Starch - wheat, maize, potato and rice etc.

⇒ Proteins (Rich sources)
Milk, eggs, meat, fish, all kind of pulses etc.

⇒ Fats (Rich sources)
Butter, ghee, milk, egg yolk, nuts and cooking oils etc.

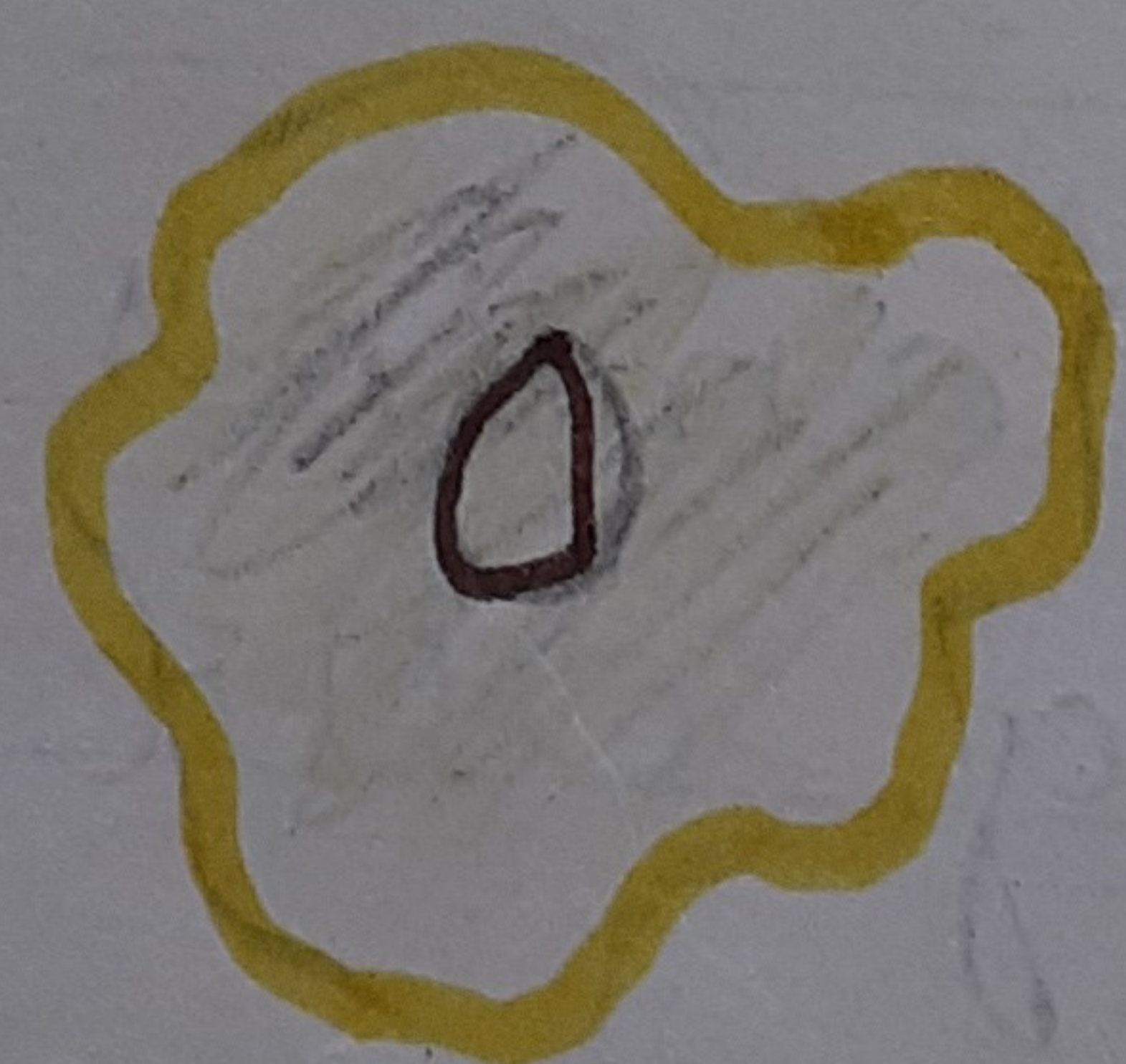
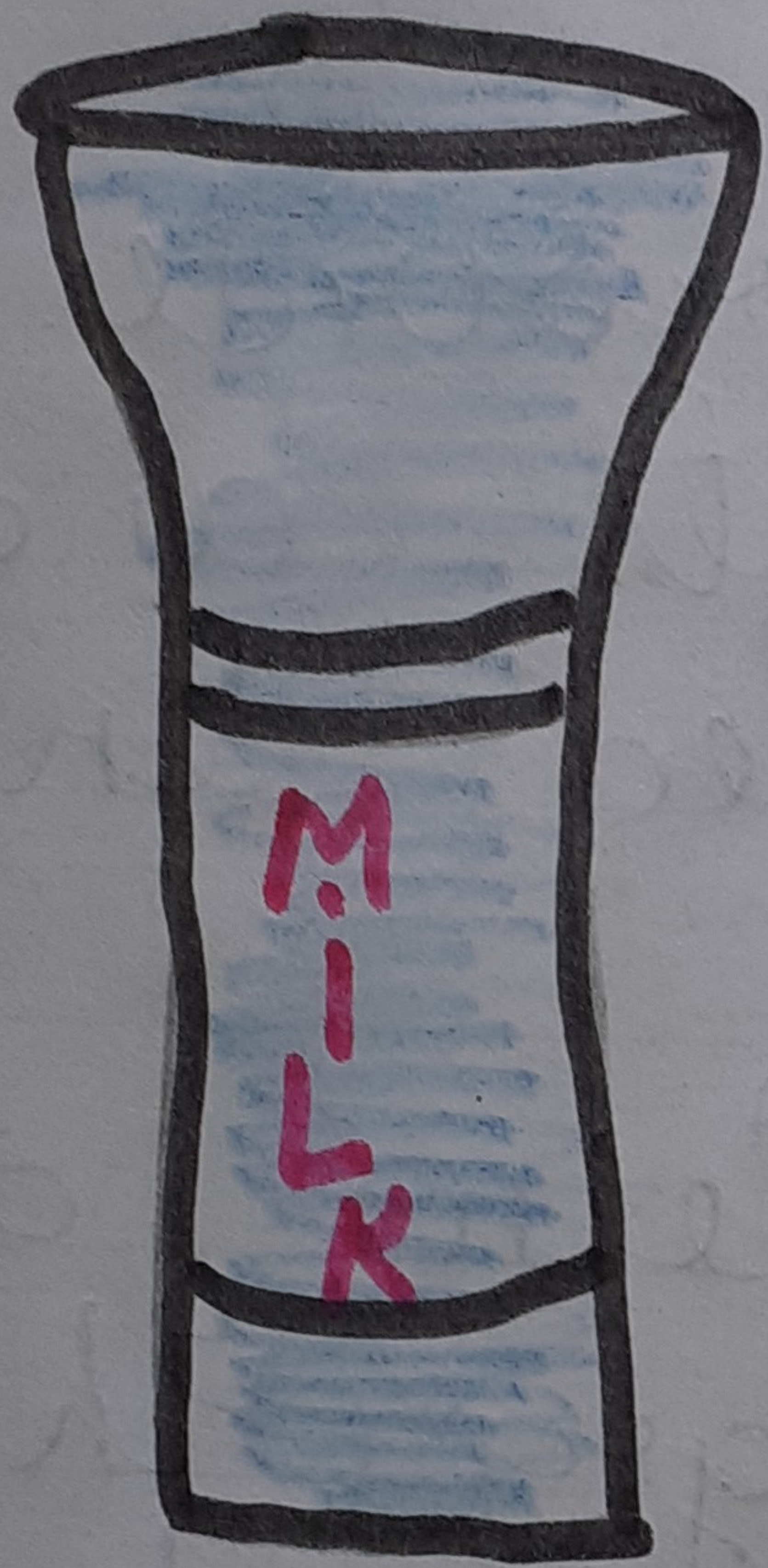
⇒ Vitamins (Rich sources)
green leafy vegetable, milk, eggs, cereals etc.

⇒ Minerals (Rich sources)
Fruits, meat, fish, eggs, nuts, dairy products etc.

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Minerals