

Exercises

(A) Fill in the blanks :

1. Energy
2. Proteins
3. Roughage
4. Rickets
5. Vitamin c
6. Iodine
7. Proteins

(B) True or false :

1. True
2. False
3. True
4. False
5. True

(C) Define the following :

1. Nutrients - food contains chemical substances in different proportions which are known as nutrients.
2. Balanced food : Diet with provide us all the nutrients in right proportions needed by our body.
3. Deficiency disease : Different vitamins are present in different foods and their deficiency can results in deficiency diseases.
4. Diet : The food we eat in a day for growth & maintenance of good health, is our diet.

(D) Distinguish between the following :

1. Carbohydrates and fats :

Carbohydrate : It is energy giving food group consisting of carbon, hydrogen and oxygen.

Fats : It is energy giving food consisting of carbon ,hydrogen & oxygen.

2. Malnutrition and Under nourishment

. In malnutrition, the food is short of one or more nutrients. Examples : Kwashior and Marasmus diseases are caused due to protein malnutrition.

. Under nourishment : when the body gets less amount of all the nutrients, it is termed as

Under nutrition.

3. Kwashior and Marasmus :

. Kwashior: Deficiency disease caused due to lack of proteins .

. Marasmus : Deficiency disease caused due to lack of proteins and energy giving foods.

4. Roughage and nutrients :

. Roughage also known as fibre is an indigestible compound that our body can't absorb.

. Nutrients : The chemical substances in food that are needed for the growth and development of the body are called nutrients.

5. Water - soluble vitamins and fat soluble vitamins:

.Some are water soluble vitamins like vitamin B and C .These cannot be stored.

. Fat soluble vitamins are vitamins A, D E and K. These can be stored in our body.

(E). Answer the following in short:

1. Name the simplest carbohydrates which can readily give us energy.

Ans. Glucose is the simplest carbohydrates which can readily give us energy.

2. Name one mineral that help us in blood clotting.

Ans. Calcium is a mineral that help us in blood clotting.

3. What does lack of iodine lead to ?

Ans. Lack of iodine lead to goitre , retardation in growth.

4. What is the importance of minerals in our food ?

Ans. Minerals are food components which help in growth as well as keeping our body healthy .

5. Why do we need vitamin C in our diet ?

Ans. Because it is essential for the formation of blood cells (RBCs) & good for bones, teeth and gums.

(F) Long answer type questions :

(1) what are carbohydrates made up of ? What do they provide to our body? Which category of people needs them more ?

Ans. carbohydrates are made up of atoms of carbon hydrogen and oxygen joined together in different proportions .They give more energy than glucose and sugars as they are long chains of single units. Hard working people like labourers and Atletes who work for long hours need more of energy giving foods .

(2) List out the function of proteins. Name the units by which they are made.

Ans. The function of proteins are :

A. They help in building our body cells.

B. They also replace worn out cells with new ones.

C. They help in building of muscles and also in repairing cells and tissues.

Proteins are made up of nitrogen and sulphur besides carbon, hydrogen and oxygen. All proteins are long chains of chemical compounds known as amino acid.

(3) what cause obesity ,scurvy and rickets ?

Ans. 1. Obesity - it is generally caused by eating too much and moving too little if we consume high amounts of energy ,particularly fats and sugars but do not burn off the energy through exercise .

2. Scurvy - It happens when there is a lack of vitamin C or ascorbic acid the deficiency leads to symptoms of weakness anaemia, gum diseases and skin problems.

3. Rickets - The most common cause of rickets is a lack of vitamin D or calcium in a child's diet.source of vitamin D are liver oil ,our skin can synthesizes vitamin D in the presence of sunlight.

(4) what is the importance of roughage and water in our diet?

Ans. Roughage helps us in digesting food and adds bulk to our food and also helps in easy passage of food in the bowels. Water is not a nutrient but is needed by our body as it helps us to absorb nutrient from our food.It also helps us in eliminating wastes from our body.

(5) what are the deficiency symptoms of vitamin A and Iron in our diet?

Ans. Deficiency symptoms of vitamin A - deficiency leads to rough and dry skin, cannot see in the night and poor body growth.

Deficiency symptoms of Iron - deficiency leads to anemia and weakness.

(6) why it is important to have balanced diet ?

Ans. A balanced diet is important because our organs and tissues need proper nutrition to work effectively .Without good nutrition our body is more prone to disease, infection fatigue and poor performance.

(G) choose the correct option in each of the following :

(1) Carbohydrates are

Ans. all the above

V(2) Fats are

Ans. energy giving foods

(3) Deficiency of vitamin C leads to

Ans. scurvy

(4) Ground nut oil is a type of

Ans. fats

(5) The simplest unit of protein is

Ans. amino acid

(6) Marasmus is due to the deficiency of

Ans. both a and c

(H) Match the following:

(A).

(B)

1. Night blindness.

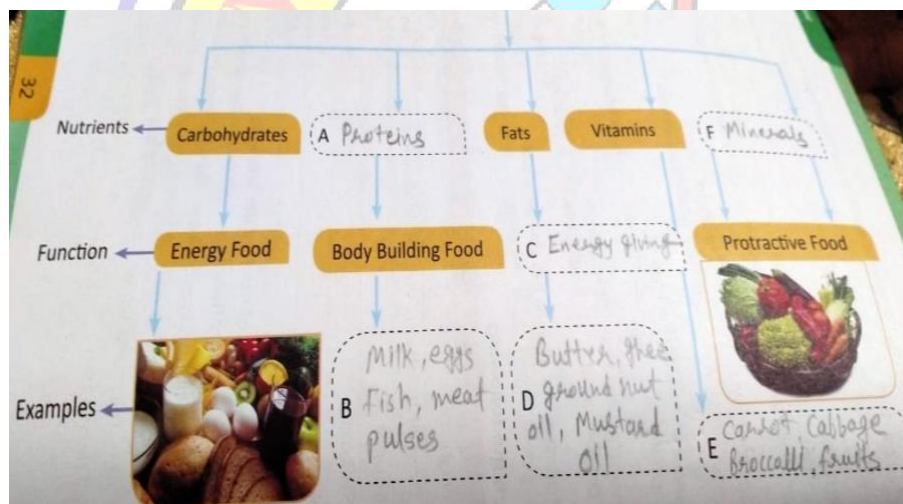
(I) Vitamin A

2. One of the by product. (ii) glucose of photosynthesis
3. Scurvy. (iii) vitamin C
4. Rickets. (iv) vitamin D
5. Anaemia. (v) Iron
6. Goitre. (vi) Iodine

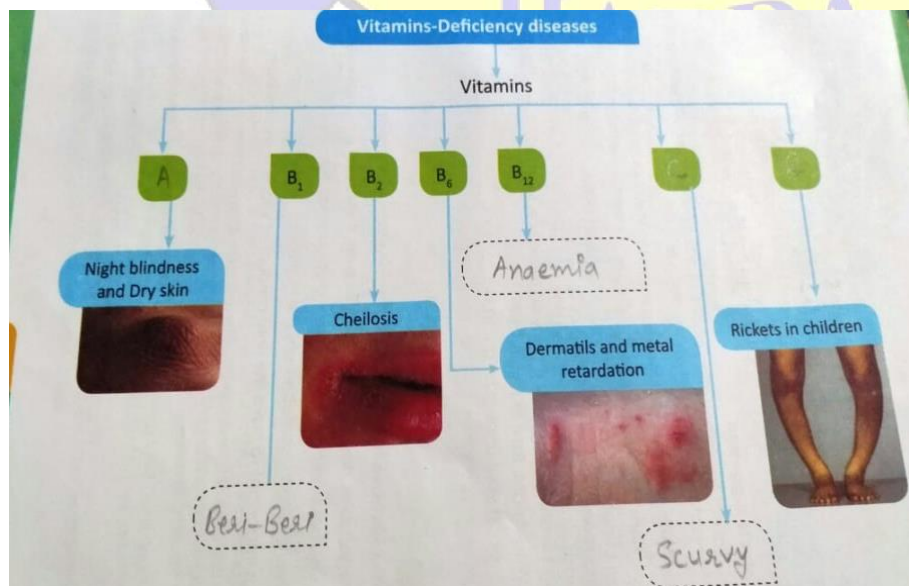
(I) Give two examples of each of the following:

1. Food rich in carbohydrates - potatoes and sugarcane
2. Animal foods rich in proteins - Eggs and Meat
3. Foods rich in fats or oil - Butter and Ghee
4. Foods rich in roughage - Meat and Bread
5. Food rich in Iron - pulses and spinach

(J) Fill in the blanks A- F in the concept maps:



(K) Fill in the blanks A- F in the concept maps:



(L) Complete the following:

1. Spinach is rich in Iron.
 2. Eggs are rich in proteins.
 3. Rice is rich in carbohydrates.
 4. Ghee is rich in fats.
 5. Potatoes are rich in carbohydrates.
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