

Choose the correct option: (P-19)

1. What makes our bones and teeth strong?

- (a) Carbohydrate (b) Protein
(c) Iron (d) Calcium ✓

2. Which of the following gives energy?

- (a) Carbohydrates (b) Proteins
(c) Roughage (d) Minerals

3. What helps us to remove undigested food from our body?

- (a) Protein (b) Vitamin
(c) Roughage (d) Fat ✓

4. Which of the following are called body-building food?

- (a) Carbohydrates (b) Fats
(c) Proteins (d) Vitamins ✓

5. Which of the following leads to obesity if taken in large quantities?

- (a) Carbohydrates (b) Proteins
(c) Fats (d) Water ✓

6. What is the essential mineral in blood ?

- (a) Iron (b) Calcium
(c) Sodium (d) Potassium

7. Which of the following is fibre rich food ?

- (a) Bread (b) Eggs
(c) Butter (d) Vegetables

~~Write the name of the following:~~
Name the following : (P-19)

1. Two food sources of carbohydrates.

→ Rice, wheat

2. Two food sources of minerals.

→ Fruits, vegetables

3. Two food sources of vitamin A

→ Papaya, carrot

4. Nutrients which give more energy than carbohydrates.

→ Fats

5. Two food sources of proteins

→ Milk, egg

6. Two food sources of iron.
→ Banana, spinach
7. Two food sources of roughage. ✓
→ Salads, fruits

Write 'True' or 'False' ; (P-20)

1. Roughage and water are also nutrients in our food. False
2. We should never waste food. True
3. Both cereals and pulses are rich in carbohydrates. False
4. Protein rich foods are also called protective food. False
5. Milk is a complete food. True ✓

Define the following :

1. Nutrients : The materials present in food necessary for good health, growth, and proper functioning of our body are called nutrients.
2. Balanced diet : A diet that contains all the nutrients in right amounts is called balanced diet.

Answer the following questions (Short-answer type) : 2 marks

1. Why do we need food ?

→ We need food because

(i) food gives us energy to work.

(ii) food protects us from various diseases. ✓

2. Mention any two ways to avoid wastage of food.

→ (i) Food should be taken in small proportions.

(ii) Food should be preserved ^{properly} to avoid it from getting spoiled. ✓

3. Give importance of carbohydrates and proteins in our body.

→ Carbohydrates give us energy and proteins help us to grow. ✓

4. Why are minerals included in our diet ?

→ Minerals are included in our diet because minerals like calcium makes our bones and teeth strong and iron helps in the formation of blood. ✓

Answer the following questions (Long-answer type) : 3 marks

1. Write importance of roughage and water.

→ Roughage helps to remove the undigested food from our body. It is important for proper functioning of our digestive system.

Water is essential for our body to stay healthy and work properly. It helps in the digestion of food.

Give reasons :

1. Labourers need more carbohydrates in their food.

→ Labourers do a lot of physical work and need more energy. So they need more carbohydrates in their food.

2. We should grow more and more plants.

→ We should grow more and more plants to breathe in fresh air and to enjoy plant products forever.

Fill in the blanks:

1. Carbohydrates and fats are called energy-giving foods.
2. Proteins are called body-building foods.
3. Vitamins and minerals are protective foods.
4. The food we eat is called our diet.
5. Fruits and vegetables are rich in vitamins and minerals.

~~————— X —————~~

[~~Energy giving~~
is diet]

Done
11/2/24