

Ch-5

Food: Our Basic Need

Hard words

- | | | | |
|---|---------------|----|--------------|
| 1 | nutrients | 8 | posture |
| 2 | carbohydrates | 9 | exercise |
| 3 | obese | 10 | preservation |
| 4 | proteins | | |
| 5 | vitamins | | |
| 6 | minerals | | |
| 7 | roughage | | |

Flow chart

Food

Carbohydrates

Ex: Wheat

Proteins

Ex: Cheese

Roughage &

Water

Fats

Ex: ghee

Vitamins & Minerals

Ex: Vegetables

Answer these questions briefly.

Q1 Name two food items rich in protein.

Ans Cheese and Milk are rich in protein.

Q2 What is a balanced diet?

Ans The diet that contains all the nutrients in the right amounts is known as a balanced diet.

Q3 State one reason why exercise is

important.

Ans Exercise is important because it helps us to remain active throughout the day.

Q4 Why are minerals important for our body?

Ans Minerals are important for our body because they are required for the formation of bones and blood.

Answer these questions

Q1 Briefly explain the different food groups.

Ans Different food groups are :-

1. Carbohydrates :- They provide instant energy to our body ex rice, wheat etc.

2. Fats :- They give us more energy than carbohydrates ex oil, nuts, ghee etc.

Proteins :- They help us to grow.

They are known as
body-building food. ex pulses, eggs etc

Vitamins and Minerals :- They are

known as
protective food. They help us to

fight against diseases. ex fruits etc

Roughage and water :- Food fibres

that cannot

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etc.
be digested by our body are known
as roughage.

etc.
Q2 Why is balanced diet important?

Explain.

Ans Balanced diet ^{is} important because it helps in healthy growth and development of our body. If we take too much or too little of any particular nutrient, it can weaken

the disease-fighting capacity
of our body.

Q3 Explain any three methods of
food preservation.

Ans. Methods of food preservation:-

1. Refrigeration :-> Keeping food items
in the refrigerator
can save them from getting spoiled.

2. Drying :-> Drying removes the

water content from food items and help them remain edible for longer.

Pickling :- Pickling is the process in which oils and spices are used to preserve food.

Q4 Why does our body need proper rest, healthy food and regular exercise?

Ans 1 Our body needs proper rest for the proper functioning of our body organs.

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2. Our body needs healthy food

because food give us energy.

3. Our body needs regular exercise

because it helps us to remain

active throughout the day.