

Exercises

A. Tick (✓) the correct option:

1. Milk is a complete food.

Ans. (a) Milk

2. Cereal is an energy giving food.

Ans. (a) Cereal

3. Potato makes the food soft and easy to digest.

Ans. (b) Potato

4. Cooking food over direct heat is grilling.

Ans. (c) grilling

B. Short Answer Type Questions:

1. What is a balanced diet?

Ans. A diet containing the right amount of food from each group is called a balanced diet.

2. What are the types of food group?

Ans. Foods are divided into three groups. They are -

- i. Energy giving food.
- ii. Body building food.
- iii. Protective food.

3. Why do we need roughage in our diet?

Ans. We need roughage in our diet because it is useful for digestion.

4. Why are some food called protective food?

Ans. Some foods are called protective food because it keeps us healthy and protects us from diseases.

C. Long Answer Type Questions:

1. Why do we need food?

Ans. We need food to stay alive and grow.

2. How is water important in our diet?

Ans. Water is important in our diet because it helps in cleaning our body systems and keep them in good working condition.

3. Why do we cook food?

Ans. Cooking makes our food soft, tasty as well as easy to chew and digest.

4. What are junk food? Why should they be avoided?

Ans. Food items like pizza, burger etc are called junk food. It is prepared with lots of salt, sugar, spices, oil and refined flour.

5. How is the preparation of rice different from preparing dhoklas? Explain.

Ans. Rice is prepared by boiling and dhokla is prepared by steaming.

D. Fill in the Blanks:

1. The energy giving food provides us energy to work and play.
2. Cooking kills the germs in food.
3. Body building food is rich in proteins.
4. Cooking food items by putting them in a hot dry oven is called baking.
5. We should drink plenty of water.

E. State True or False:

1. Cooked food is easily digested. True
2. Green leafy vegetables are body building food. False
3. Roughage is useful for digestion. True

F. Match the Columns:

Column A

Column B

- | | |
|-----------------------|----------------|
| 1. Energy giving food | potato |
| 2. Body building food | proteins |
| 3. Protective food | minerals |
| 4. Roughage | easy digestion |
| 5. Junk food | burger |

G. Give two examples each of

- | | | |
|----------------------------------|--------------------|---------------|
| 1. Junk food | <u>Pizza</u> | <u>Chips</u> |
| 2. Food that can be eaten raw | <u>Radish</u> | <u>Carrot</u> |
| 3. Food that cannot be eaten raw | <u>Lady finger</u> | <u>Potato</u> |

H. Puzzles and Quiz:

1. Find out the names of eight food items kids like to eat.

- a. Noodles
- b. Pasta
- c. Chocolate
- d. Burger
- e. Pizza
- f. Samosa
- g. Ice-cream
- h. Chips

2. Can you tell:

- | | |
|---|-----------------|
| a. Milk is a rich source of this nutrient | <u>Proteins</u> |
| b. Leafy vegetables and fruits protect us from this | <u>Roughage</u> |
| c. A complete food | <u>Milk</u> |
| d. Method of cooking in steam from boiling water | <u>Steaming</u> |

