

Exercises

A. Tick the correct option :

1. Food gives us _____.

(a) energy (b) warmth (c) **both a and b**

2. _____ is the energy giving food.

(a) **potato** (b) cucumber (c) spinach

3. _____ helps to repair damaged cells.

(a) bread (b) **milk** (c) butter

4. _____ gives us instant energy.

(a) protein (b) vitamins (c) **carbohydrates**

5. _____ is not a form of carbohydrate.

(a) sugar (b) **roughage** (c) starch

B. Short Answer Type Questions :

1. Which nutrient gives us a lot of heat and warmth?

Answer- Fats gives us a lot of heat and warmth.

2. What is a balanced diet?

Answer - A diet that contains the right amount of all the nutrient along with the required amount of water and roughage, is called a balanced diet.

3. What is food preservation.

Answer- Food preservation means saving food from getting spoiled so that it can be used later.

4. Why is roughage an important part of our diet?

Answer- Roughage is an important part of a diet because it helps to keep our digestive system healthy.

5. How can food be dried for preservation?

Answer- Food can be dried for preservation by drying in the sun or oven.

C. Long Answer Type Questions :

1. Why is food necessary for us?

Answer- Food is necessary for energy, growth, warmth and to remain healthy.

2. Why should we include protein in our diet?

Answer- We should include protein in our diet because it is a body building food. It makes new body cells for growth and repair damaged cells and tissues.

3. How do vitamins and minerals keep us healthy.

Answer- Vitamins and minerals are protective food. They keep us fit and disease free.

4. Which food items should be consumed most and which should be consumed the least, according to the food pyramid ?

Answer- According to the food pyramid cereals and bread should be major part of our diet whereas fats, oils and sweet should be consumed the least.

5. Name the different methods of food preservation.

Answer- The different methods of food preservation are salting, sweetening, freezing, dehydration, baking etc .

D. Fill in the blanks :

1. Excessive fats in our diet may lead to obesity.

2. Carbohydrates give us instant energy.

3. Roughage keeps our digestive system healthy.

4. Pickles are preserved by salting.

5. Add vinegar to green chillies to preserve them.

E. State True or False:

1. Carbohydrates are protective food. (False)

2. Protein give instant energy. (False)

3. According to food pyramid, sweets and chips should be consumed the most. (False)

4. Eggs can be preserved by drying them in the sun. (False)

5. Lack of iron causes scurvy. (False)

F. Match the columns :

1. Salting - Fish

2. Sweetening - Jellies

3. Refrigerating - Eggs

4. Add vinegar - Olives

5. Conversion - Milk

G. Give one example each of:

1. Body building food - Milk Egg

2. Energy giving food - Rice Sweets

3. Protective food - Fruits Vegetables

4. Preserved food - Pickles Jams

5. Roughage - Spinach Oats

