



CLASS NOTES-ANSWERS

1) Name the major nutrients in our food.

Answer: The major nutrients in our food are carbohydrates, proteins, fats, vitamins, and minerals.

2) Name the following:

a) The nutrients which mainly give energy to our body.

Answer: Carbohydrates and fats

b) The nutrients that are needed for the growth and maintenance of our body.

Answer: Proteins and minerals

c) A vitamin required for maintaining good eyesight.

Answer: Vitamin A

d) A mineral that is required for keeping our bones healthy.

Answer: Calcium

3) Name two foods, each rich in:

a) Fats

Answer: Cream, butter

b) Starch

Answer: Rice, wheat

c) Dietary fibre

Answer: Whole grains, fresh fruits and vegetables

d) Protein

Answer: Milk, soyabeans



4) Tick (✓) the statements that are correct.

- a) By eating rice alone, we can fulfil the nutritional requirements of our body.
- b) Deficiency diseases can be prevented by eating a balanced diet. ✓
- c) Balanced diet for the body should contain a variety of food items. ✓
- d) Meat alone is sufficient to provide all nutrients to the body.

5) Fill in the blanks.

- a) Rickets is caused by the deficiency of Vitamin D.
- b) Deficiency of Vitamin B1 causes a disease known as beriberi.
- c) Deficiency of Vitamin C causes a disease known as Scurvy.
- d) Night blindness is caused due to deficiency of Vitamin A in our food.

