

### What Do Different Food Items Contain?

1. What are nutrients?
2. What are essential nutrients for our body?
3. What is nutrition?
4. How will you test for fat in a food sample?
5. How will you test for protein in a food?
6. How will you test for starch in a food sample?
7. Name the different food groups.
8. Why does our body need nutritious food?
9. Write the functions of food.

### What Do Various Nutrients Do For Our Body?

1. Name the vitamin present in orange.
2. Write the names of any two water soluble vitamins.
3. Name the main constituent of roughage.
4. Which among the following provide maximum roughage to the diet if taken in equal amount?  
Egg, cucumber, grapes, cabbage
5. What is the role of vitamin C?
6. Name any two sources of Vitamin B.
7. Write the names of fat soluble vitamins.
8. What are the sources of carbohydrates?
9. Our bones and teeth are made of which minerals?
10. What do you mean by staple food?
11. Write the sources of fat.
12. Name the foods each rich in:
 

(i) Dietary fibre	(ii) Sugar
(iii) Protein	(iv) Starch
(v) Fats and oil	
13. What are various functions of protein?
14. Here are three strips. You have to paste them in figure at three places 1, 2 and 3. At which place you will paste each strip?
 

(a) Protein rich food
(b) Carbohydrate rich food
(c) Fat rich food.
15. What is the function of vitamins?
16. What is roughage? Why its presence in our food is important?



17. Name the foods needed:
- |                                |                        |
|--------------------------------|------------------------|
| (i) For strong bones and teeth | (ii) To prevent scurvy |
| (iii) To avoid constipation    | (iv) For warmth        |
| (v) For growth                 |                        |
18. What are the roles of (a) Carbohydrates (b) Fats (c) Proteins (d) Vitamins (e) Minerals.

### Balanced Diet

- (a) How many calories does a 12 year old boy/girl need each day?  
(b) How can this boy/girl get this in the diet?
- Write three important properties of a balanced diet.
- How can you balance your diet without adding to its cost?

### Deficiency Diseases

- What is the effect of protein deficiency on the health of children?
- Write the sources and deficiency diseases of the vitamins 'A', 'B' complex, C, D, E and K.