

L2- Eating for Life-Food

Answer in brief

Q1. Name the different nutrients our bodies need to grow and stay healthy.

Ans: Carbohydrates, Proteins, Fats, Vitamins, and Minerals

Q2. What are Carbohydrates? Give examples.

Ans: Carbohydrates are the nutrients that give us energy to work and play.

Ex: Potato, rice, fruits, wheat, corn.

Q3. What is the importance of Proteins in our body?

Ans:

a. Proteins are important for building our body and help it to grow.

b. Help to heal the wounds or damaged parts of our body.

Q4. What is a Balanced Diet?

Ans: Balanced diet is food that has all the nutrients that our body needs for us to stay healthy and work properly.

Q5. What causes food to decay?

Ans: The growth of germs on food due to moisture and warmth causes food to decay.

Q6. List some ways to preserve food for longer periods.

Ans: some of the ways by which we can preserve food for longer periods are:

a. Refrigeration (or freezing),

b. Drying

c. Salting and pickling

d. Sugaring

Answer in details

Q1. Why do we need food?

Ans: a. We need food to stay alive and grow.

b. It gives us energy to work and play.

c. It repairs the body parts when they are damaged.

d. It keeps the body fit and healthy.

Q2. Why should we eat fats in very small amounts?

Ans: Consuming too much fat would lead to storage of excess fat in our body. This would cause health problems. So we should consume very less fat.

Q3. How does roughage help our body?

Ans: Roughage is the fibre present in food. Roughage helps in removing waste materials from our body.

Q4. Discuss any two methods of food preservation.

Ans:

i) **Drying:** In this method, food items are dried by removing moisture from them. Dried vegetables, such as cauliflower, brinjal, gourd, and methi leaves, can be kept for a long period of time. Milk is dried to form milk powder.

ii) **Sugaring:** Some fruits can be stored in the form of jam and jelly. Some fruits are first dried and then steeped in sugar syrup and preserved.

Q5. Discuss the importance of Vitamin A and D. Mention some food sources of these vitamins.

Ans:

Vitamin A keeps our skin and eyes healthy. Carrots, pumpkins, apricots, and papayas are rich sources of vitamin A. **Vitamin D** helps in keeping our bones and teeth strong. Sunlight is a good source of vitamin D. Egg yolk and fish are other important sources of Vitamin D.

Q6. Ramu, a farmer, had very good crops of tomatoes. After selling them in the market, he had about 10 kg left. How can he preserve the tomatoes?

Ans: Ramu can preserve tomatoes by making sauce or jam out of them. They may also be stored by the method of salting and pickling for a long period of time.

Give Reasons

1. Food should not be overcooked.

Ans: Overcooking destroys vitamins and other nutrients present in food. Hence, food should not be overcooked.

2. For a healthy body, we should have a balanced diet.

Ans: All nutrients are required to keep our body fit and healthy. A balanced diet contains all the nutrients, so it helps us to stay fit and healthy.

3. We should include roughage in our food.

Ans: Roughage helps us in removing waste materials from our body. So it is important to include roughage to our diet.

4. Younger children need more proteins.

Ans: Younger children need more protein to help their bodies grow.

HOTS:

Q. Brown bread and white bread are both made from wheat flour. Then why is brown bread is considered healthier than white bread?

Ans: White bread and brown bread both are made from wheat flour. However, brown bread is made from atta (whole wheat flour) which contains fibre and other nutrients in addition to carbohydrates. While white bread is made using maida (white flour) which is refined and processed, where it is stripped of all the essential fibre and other nutrients. Therefore brown bread is more nutritious than white bread

Extra Questions

Q1. Give examples of Proteins containing foods.

Ans: Food containing Proteins includes fish, eggs, milk, beans, meat, pulses etc

Q2. Give example of roughage containing foods.

Ans: Roughage includes whole wheat bread, brown rice, fresh fruits and fresh vegetables.