

II Answer in brief:

1) Name the essential components of food?

Ans: The essential components of food are:

- 1) carbohydrates, 2) proteins, 3) fats, 4) minerals and 5) vitamins that are body needs.

2) Which nutrient is the main source of energy for our body? List any three sources of this nutrients.

Ans: Carbohydrates are the most important sources of energy for our body. Wheat, rice, corn, fruits, potatoes, and honey are such sources of carbohydrates.

3) Name the essential substance in food that helps build a strong body. List any three sources of this substance.

Ans: Proteins build our body and help it grow taller and strong. Milk, pulses, pulses, beans, eggs, chicken and mutton are such sources of proteins.

4) What is the disease caused by the lack of vitamin A in our body? Which food items will you recommend?

Ans: Deficiency of vitamin A / mineral deficiency

Vitamin A

Deficiency of vitamin/mineral	Deficiency disease	Symptoms	Recommended food
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Vitamin A	Night blindness	Does not see in dark	Carrots, liver, tomatoes, mango
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5) Give two examples of diseases caused by minerals.

Ans: Malnutrition, pneumonia, chicken pox, infection of skin.

III Answer in detail:

1) What are nutrients? Name their types.

Ans: The food we eat contains certain substances that are essential for us to live, grow and stay healthy.