

a longer period of time. Milk is added to form milk products.

Sugaring - Some fruits can be stored in the form of juices. Some fruits are preserved by first drying them and then storing in sugar syrups.

5. Discuss the importance of vitamins A and D. Mention some of these vitamins.

Ans: Vitamin A helps our skin and eyes. Healthy carrots, pumpkins, spinach and, papayas are rich sources of vitamin A.

Vitamin D helps in keeping our bones and teeth strong. Sunlight is a good source. In winter, D-Egg yolk and fish are other important sources of vitamin D.

6. How do farmers hold on very good crop of tomatoes? After selling them in the market, he had about 10 kg left. How can he preserve the tomatoes?

Ans: Farmers can preserve tomatoes by making sauce or jam out of them. They may also be stored in salt water for a long period of time.

IV Give reasons.

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

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 we need to stay fit and healthy.

3. We should include vegetables in our diet.
Ans: Vegetables help us in getting more vitamins from our body as it is important to include vegetables in our diet.

4. Young children need more protein.
Ans: Younger children need more protein to build their bodies.