

## II answer in brief

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

Ans: Carbohydrates, proteins, fats, vitamins and minerals.

2. What are carbohydrates

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

3. What is the importance of proteins in our body?

Ans: Proteins are important for building body and help it to grow.

4. What is balanced diet?

Ans: A balanced diet is food that has all the nutrients that our body needs for us to stay healthy.

5. What causes food to decay?

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

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

Ans: drying, Refrigeration or (freezing), salting, sugaring,

Squirrels

and picking up <sup>off the</sup> ~~some~~ things which we can preserve food for longer periods.

## III answer in detail

1. Why do we need food?

Ans: We need food to stay and live and grow. It gives us energy to work and play. It repairs the body parts that are damaged. It keeps the body fit and healthy.

2. Why do we eat fats in very small amount?

Ans: Consuming too much fats result in accumulation of excess fat in our body. It might cause many health problems. So we should consume fats in very small amount.

3. How does sugaring help our body?

Ans: Sugaring helps remove waste materials from our body.

4. Discuss any two methods of food preservation.

Ans: [Drying]  $\Rightarrow$  In this method food items are dried by removing moisture from them. For example, Dried fruit and methi leaves and dried to preserve and use them over