

COMPONENTS OF FOOD

NCERT Textbook Questions

Q.1. Name the major nutrients in our food.

Ans. The major nutrients in our food are carbohydrates, proteins, fats, vitamins and minerals.

Q.2. Name the following:

- (a) The nutrients which mainly give energy to our body.
- (b) The nutrients that are needed for the growth and maintenance of our body.
- (c) A vitamin required for maintaining good eyesight.
- (d) A mineral required for keeping our bones healthy.

Ans. (a) Carbohydrates and fats (b) Proteins and minerals
(c) Vitamin A (d) Calcium

Q.3. Name two foods each rich in:

- (a) Fats (b) Starch
- (c) Dietary fibre (d) Protein

Ans. (a) Groundnut and butter (b) Rice and mango
(c) Potatoes and pulses (d) Fish and gram

Q.4. Tick (✓) the statements that are correct.

- (a) By eating rice alone, we can fulfil the nutritional requirement in our body.
- (b) Deficiency diseases can be prevented by eating a balanced diet.
- (c) A balanced diet for the body should contain a variety of food items.
- (d) Meat alone is sufficient to provide all nutrients to the body.

Ans. (a) × (b) ✓ (c) × (d) ×

Q.5. Fill in the blanks:

- (a) _____ is caused by the deficiency of vitamin D.
- (b) Deficiency of _____ causes a disease known as beri-beri.
- (c) Deficiency of vitamin C causes a disease known as _____.
- (d) Night blindness is caused due to deficiency of _____ in our food.

Ans. (a) Rickets (b) Vitamin B₁ (c) Scurvy (d) Vitamin A