Khidwai English school , shimoga

Date : 18/08/2020

**Subject : science**

**Chapter : components of food**

I: Answer the following question :-

1. Name the major nutrients in food?
2. The major components in our food are named carbohydrates, proteins , fat, vitamins and minerals .In addition food also contains dietary fibers and water which are also needed by our body.

2)Name the following:

a)The nutrients which mainly give energy to our body.

A)Carbohydrates and fats .

b)The nutrients which are needed for our growth and maintenance of our body .

A)proteins

c) A vitamin required for maintaining good eyesight .

A) Vitamin A

d)A mineral that is required for keeping our bones healthy.

A) Calcium

3)Name two foods each rich in :

Fats, starch, dietary fibre , protein

A) Fat : ghee ,butter , milk, egg

Starch : potato , sugar, rice etc

Dietary fiber : vegetable , fresh fruits etc

Protein : milk ,beans , egg , cheese etc.

4)write true or false for the following statements:

a) By eating rice alone , we can fulfill nutritional requirements of our body .( false)

b) Deficiency diseases can be prevented by eating a balanced diet.(true)

c)Balanced diet for the body should contain a variety of food items .(true)

d) meat alone is sufficient to provide all nutrients to the body. ( false)