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)