

Exercises

- ✓ H.W
1. Name the major nutrients in our food.
 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 that is required for keeping our bones healthy.
 3. Name two foods each rich in:
 - (a) Fats
 - (b) Starch
 - (c) Dietary fibre
 - (d) Protein ✓
 4. Tick (✓) the statements that are correct.
 - (a) By eating rice alone, we can fulfill nutritional requirement of our body. ()
 - (b) Deficiency diseases can be prevented by eating a balanced diet. ()
 - (c) Balanced diet for the body should contain a variety of food items. ()
 - (d) Meat alone is sufficient to provide all nutrients to the body. ()
 5. Fill in the blanks.
 - (a) _____ is caused by 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.