

## ch-2

1. Why should roughage be included in our daily diet?

→ Roughage should be included in our daily diet because -

- i) It helps in digestion.
- ii) It prevents constipation.
- iii) It helps our body to get rid of undigested food.
- iv) It regulates bowel movement and helps food to pass down by elementary canal properly.

• Constipation - It is a symptom, not a disease, can be caused by poor diet, lack of exercise, loss of body salts and many more factors are there.

~~Bowel movement~~:-

2. Write the importance of water in our body.

→ Importance of water in our body are as follows:-

- i) It helps in digestion.
- ii) It helps to transport food materials within the body.

- iii) It regulates body temperature.
- iv) It helps the formation of urine and faeces.
- v) It helps to eliminate extra water from the body in the form of sweat and urine.
- vi) It is an essential part of blood and digestive juice.

### 3. Define balanced diet.

- The diet which contains adequate amount of all the nutrients such as carbohydrates, proteins, fats, vitamins and minerals is called a balanced diet. A balanced diet also contains sufficient amount of water and roughage.

### 4. What do you mean by nutrients?

- Some components contained by ingredients that are needed by our body. These components are called nutrients. Like protein, carbohydrate, fat etc.

## 5. What is called Complete food?

→ The food contains protein, fat, carbohydrates, all known vitamins, various minerals and all the food ingredients considered essential for sustaining life and maintaining health.

Ex - milk.

## • Bowel movement:

It is the last stop in the movement of food through your digestive tract. Your stool passes out of your body through the rectum and anus.