

April Month

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## Chapter - 1

### Human Body : Food we Eat

#### I Technical Words

1. Nutrients - The nourishing substances which help the body to grow.

2. Roughage - Indigestible part of the food that helps in digestion.

#### II Short Answer

1. What are protective foods? Give one example.

Ans Protective foods are food that protect us from diseases and keep us healthy.  
Example: Carrots, Banana

2. Why should we avoid wasting food?

Ans We should avoid wasting food because many people do not have sufficient food and wasting food also wastes resources like water and energy.

### III Long Answer

1. Discuss the five types of nutrients and its sources.

Ans	Nutrients	Functions	Sources
*	Carbohydrates	Give energy to the body.	Rice, Potato
*	Proteins	Help in growth and repair of the body.	Pulses, Egg
*	Fats	Provide energy and keep the body warm.	Nuts, Ghee
*	Vitamins	Protect from diseases keep body healthy	Fruits, Vegetables
*	Minerals	Help in strong bones, teeth and blood	Milk, Green Vegetable



2. What is balanced diet? Discuss its importance?

Ans

A balanced diet is a diet that contains all nutrients in the right proportions.

Importance :

It keeps us healthy, gives energy, helps in growth and protects from diseases.

IV

Hots:

1. If a person does not eat fruits or vegetables for a long time, what will happen to their health? Why?

The person may fall sick and become weak because fruits and vegetables provide vitamins and minerals that protect the body.

2. Why do farmers and labourers need more carbohydrates and fats than children or elderly people?

Farmers and labourers do heavy work, so they need more energy. Carbohydrates give energy. So they need more of them.

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