



মণিপুরৰ চৰকাৰ (আম)

DEPARTMENT OF EDUCATION (S)

Government of Manipur

Chapter - 2

Components of Food

Solutions

Exercises

Q1. Name the major nutrients in our food.

Ans. The major nutrients in our food are proteins, carbohydrates, fats, vitamins and minerals.

Q2. Name the following

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

Ans. Carbohydrates and fats.

(b) The nutrients that are needed for the growth and maintenance of our body

Ans. Proteins and minerals.

(c) A vitamin required for maintaining good eyesight.

Ans. Vitamin A

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

Ans. Calcium

Q3. Name two foods each rich in:

(a) Fats

Ans. Butter, peanuts.

(b) Starch

Ans. Rice, Potato.

(c) Dietary fibre

Ans. Fresh fruits and vegetables

(d) Protein

Ans. Eggs and fish.

- Q4. 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.×

Q5. Fill in the blanks.

- (a) Rickets is caused by deficiency of Vitamin D.
- (b) Deficiency of Vitamin B1 causes a disease known as beri- beri
- (c) Deficiency of Vitamin C causes a disease known as scurvy.
- (d) Night blindness is caused due to deficiency of Vitamin A in our food.

Solved Additional questions and answers

Q1. What is balanced diet?

Ans. A balanced diet is an adequate amount of food consisting of all nutrients in right proportion as required by the body for proper maintenance of health.

Q2. What are deficiency diseases?

Ans. Diseases that occur due to lack of nutrients over a long period of time are called deficiency diseases.

Q3. What are the symptoms of protein deficiency disease?

Ans. The symptoms of protein deficiency disease are stunted growth, swelling of face, discoloration of hair, skin diseases etc.

Q4. Which Vitamin gets easily destroyed by heat during cooking?

Ans. Vitamin C

Q5. Write some sources of Vitamin A.

Ans. Some sources of Vitamin A are papaya, milk, carrot, mango etc.

Q6. Write some sources of Vitamin B.

Ans. Some sources of Vitamin B are wheat, rice, fish, liver etc.

Q7. Write some sources of Vitamin C.

Ans. Some sources of Vitamin C are tomato, guava, lemon, green chilli etc.

Q8. Why is roughage important to our body?

Ans. Roughage is important to our body because it helps in removing undigested food from our body.

Q9. Write the importance of water to our body.

Ans. Water helps our body to absorb nutrients from food and it also removes wastes as urine and sweat from our body.

Choose the correct answer

1. Fat rich foods make you suffer from

- (a) Night blindness (b) Tooth decay
(c) Obesity (d) Weak bone

Ans. C) Obesity

(2) Goitre is caused due to the deficiency of

- (a) Iron (b) Iodine (c) Calcium
(d) Vitamin A

Ans. (b) Iodine

(3) Deficiency of Iron causes

- (a) Rickets (b) Loss of Vision
(c) Beriberi (d) Anaemia

Ans. (d) Anaemia



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