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**#634254****Topic:** Nutrition, nutritional requirement and disorders

Name the following :

- (a) The nutrients which mainly give energy to our body.
- (b) The nutrients that are needed for 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.

**Solution**

(a) Carbohydrates are one of the main types of nutrients found in food. They are the most important source of energy for the body of many organisms, including humans. Carbohydrate provides about 4 kcal per gram and is the energy that is used first to fuel muscles and the brain. Fat is also one of the three main macronutrients, along with carbohydrate and protein. Compared to carbohydrate and protein, each gram of fat provides more than twice the amount of calories (9 kcal per gram).

So, the answer is Carbohydrates and Fats.

(b) Protein is the major structural component of cells and is responsible for the building and repair of body tissues. Proteins are organic molecules made up of amino acids – the building blocks of life. These amino acids are joined together by chemical bonds. They do most of the work in cells and are required for the structure, function, and regulation of the body's tissues and organs.

So, the answer is Proteins.

(c) Vitamin A is a fat soluble vitamin that is also a powerful antioxidant. Vitamin A plays a critical role in maintaining healthy vision, neurological function, healthy skin, healthy immune system, and cell growth.

So, the answer is Vitamin A.

(d) Minerals are components of foods that are involved in many body functions. For example, calcium helps to maintain and build strong bones and teeth and iron is needed for our red blood cells to transport oxygen.

So, the answer is Calcium.

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**#634262****Topic:** Nutrition, nutritional requirement and disorders

Deficiency diseases can be prevented by eating a balanced diet.

 **A** True **B** False**Solution**

Deficiency disease is a disease caused by a lack of essential dietary elements and especially a vitamin or mineral. A balanced diet is the diet that focuses on providing all the nutrients that the body needs. It comprises of macronutrients like protein, carbohydrates and fat along with micronutrients like vitamins and minerals. Hence, by eating a balanced diet, deficiency diseases can be prevented.

So, the given statement is true.

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**#634264****Topic:** Nutrition, nutritional requirement and disorders

A balanced diet for the body should contain a variety of food items.

 **A** True **B** False**Solution**

A balanced diet is the diet that focuses on providing all the nutrients that the body needs. It comprises of macronutrients like protein, carbohydrates and fat along with micronutrients like vitamins and minerals. All these nutrients can be found in a variety of food items. Hence, A balanced diet for the body should contain a variety of food items

So, the given statement is true.

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**#634271****Topic:** Nutrition, nutritional requirement and disorders

..... is caused by deficiency of Vitamin D.

**Solution**



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**#634301****Topic:** Nutrition, nutritional requirement and disorders

Name two sources of vitamin A.

**Solution**

Vitamin A is a fat soluble vitamin that plays a critical role in maintaining healthy vision, neurological function, healthy immune system, and cell growth. The sources of vitamin A are:

- (i) Fish oil
- (ii) Carrots
- (iii) Spinach
- (iv) Milk

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**#634303****Topic:** Nutrition, nutritional requirement and disorders

Write two sources of vitamin B.

**Solution**

Vitamin B are a class of water-soluble vitamins that play important roles in cell metabolism. The sources of vitamin B are:

- (i) Animal products- fish, poultry, meat, eggs
- (ii) Soy
- (iii) Beans

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**#634304****Topic:** Nutrition, nutritional requirement and disorders

Write two sources of vitamin C.

**Solution**

Vitamin C (ascorbic acid) is a water-soluble vitamin that helps to repair and regenerate tissues, protect against heart disease and aid in the absorption of iron. The sources of vitamin C are:

- (i) Citrus fruits like orange, grapefruit, lime
- (ii) Kiwi
- (iii) Amla
- (iv) Strawberries, raspberries, blueberries, and cranberries

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**#634305****Topic:** Nutrition, nutritional requirement and disorders

Write two sources of vitamin D.

**Solution**

Vitamin D refers to a group of fat-soluble vitamins, responsible for increasing intestinal absorption of calcium, magnesium, and phosphate. The sources of vitamin D are:

- (i) Fatty fish like tuna, mackerel, salmon
- (ii) Butter, Cheese
- (iii) Soy milk
- (iv) Egg yolks

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**#634321****Topic:** Nutrition, nutritional requirement and disorders

What are nutrients? Name major nutrients.

**Solution**

Nutrients are components in food that an organism uses to survive and grow. They are needed by our body for growth and development. The major nutrients in our food are carbohydrates, fats, proteins, vitamins and minerals.

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**#634386****Topic:** Nutrition, nutritional requirement and disorders

What are the functions of minerals?

**Solution**

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Minerals are components of foods that are involved in many body functions and are needed in small amounts. They do not provide any energy. They are essential for proper growth of the body and to maintain good health. For example, calcium and magnesium are important for bone structure, and iron is needed for our red blood cells to transport oxygen.