

#634234

Topic: Food resources

- (i) Name the different parts of a banana plant that are used as food.
- (ii) Animal food we get from water resources.
- (iii) Four fruits which we eat as vegetables

Solution

- (i) The different parts of a banana plant that are used as food are flower, fruit and stem.
- (ii) Animal food we get from water resources are crabs, fishes, prawns and lobsters.
- (iii) Four fruits which we eat as vegetables are tomato, brinjal, cucumber and lady finger.

#634250

Topic: Nutrition, nutritional requirement and disorders

Name the major nutrients in our food.

Solution

Food is any edible, nutritious substance consumed by humans and other animals to get energy for various activities like movement, growth and development. The major nutrients in our food are carbohydrates, fats, proteins, vitamins and minerals.

- (i) Carbohydrates- Carbohydrates are the main energy source for the brain. Carbohydrates can be grouped into two categories: simple and complex. Sources include fruits, breads and grains, starchy vegetables and sugars.
- (ii) Fats- Fat is an energy source that when consumed, increases the absorption of fat-soluble vitamins including vitamins A, D, E and K. The fat in food includes a mixture of saturated and unsaturated fat. Animal-based foods such as meats and milk products are higher in saturated fat whereas most vegetable oils are higher in unsaturated fat.
- (iii) Proteins- Protein is the major structural component of cells and is responsible for the building and repair of body tissues. Main sources of protein are animal products like meat, fish, poultry, milk, cheese and eggs and vegetable sources like legumes (beans, lentils, dried peas, nuts) and seeds.
- (iv) Vitamins- Vitamins help to regulate chemical reactions in the body. There are 13 vitamins, including vitamins A, B complex, C, D, E, and K. Vitamins are not a source of energy.
- (v) Minerals- Minerals are components of foods that are involved in many body functions. For example, calcium and magnesium are important for bone structure, and iron is needed for our red blood cells to transport oxygen.

#634255

Topic: Nutrition, nutritional requirement and disorders

Name two foods rich in :

- (a) Fats
- (b) Starch
- (c) Dietary fibre
- (d) Protein

Solution

Foods rich in the above nutrients are:

- (a) Fats- Butter, Ghee, Groundnut oil
- (b) Starch- Sugar, Rice, Potato
- (c) Dietary Fibre- Whole grains, spinach, cabbage, carrot
- (d) Protein- Pulses, milk, fish, meat, eggs

#634261

Topic: Nutrition, nutritional requirement and disorders

By eating rice alone, we can fulfil nutritional requirement of our body.

 A True B False**Solution**

Rice contains carbohydrates in large amounts and other nutrients like proteins and fats in very small quantities. Rice only provides required amount of carbohydrates and not other nutrients like proteins, fats, minerals and vitamins. All these nutrients are a part of a balanced diet.

So, the given statement is false.

#634267

Topic: Nutrition, nutritional requirement and disorders

Meat alone is sufficient to provide all nutrients to the body.

 A True B False**Solution**

Meat is an excellent source of protein, which is essential for any healthy diet. Meat has a very high mineral content like magnesium, zinc and iron. It is a particularly good source of vitamin E and B vitamins including B2, B6 and B12. Meat also contains unsaturated fats like Omega-3 fatty acids in small quantities. Carbohydrate, the main source of energy for the body is absent in meat. Hence, meat alone is insufficient to provide all nutrients to the body.

So, the given statement is false.

#634280

Topic: Food resources

Do all meals contain same food items?

Solution

One particular meal does not contain the same food items. Similarly, one particular food item does not have all the nutrients we need in the optimum amounts. So, eating a variety of food items means getting different types of nutrients in a meal.

Hence, all meals do not have the same food items.

#634283

Topic: Food resources

Do all food items contain all the required nutrients?

Solution

No, all foods do not contain all the nutrients required by our body.

#634285

Topic: Nutrition, nutritional requirement and disorders

Name two main types of carbohydrates found in our food.

Solution

Carbohydrates are the main energy source for the body. Carbohydrates can be grouped into two categories: simple and complex. Simple carbohydrates are sugars whereas complex carbohydrates consist of starch and dietary fibre. Sources include fruits, breads and grains, starchy vegetables and sugars.

Hence, two main types of carbohydrates found in our food are sugar and starch.

#634290

Topic: Nutrition, nutritional requirement and disorders

Name two substances which provide carbohydrates.

Solution

Carbohydrates are compounds made of carbon, hydrogen and oxygen. They are the main source of energy for the body.

Substances which provide carbohydrates are:

- (i) Grains- rice, wheat, maize, etc.
- (ii) Potato
- (iii) Sugar

#634294

Topic: Nutrition, nutritional requirement and disorders

Name two plant food items which provide proteins.

Solution

Protein is the major structural component of cells and is responsible for the building and repair of body tissues.

The plant food items that provide proteins are:

- (i) Legumes- dal, beans, peas, lentils
- (ii) Soyabean
- (iii) Nuts- Almonds, cashews
- (iv) Grains- quinoa, buckwheat

#634295

Topic: Food resources

Name two sources of proteins provided by animals.

Solution

Protein is the major structural component of cells and is responsible for the building and repair of body tissues.

The animal sources that provide proteins are:

- (i) Milk
- (ii) Meat
- (iii) Eggs

#634297

Topic: Nutrition, nutritional requirement and disorders

Name two food items which provide fats.

Solution

Fat is a good source of energy. Food items which provide fats are:

- (i) Oil
- (ii) Ghee
- (iii) Cheese
- (iv) Butter

#634592

Topic: Nutrition, nutritional requirement and disorders

What is the main junction of food?

Solution

Food is any edible, nutritious substance consumed by humans and other animals. The main function of food is to provide energy for various activities like movement, growth and development etc.