

NCERT solution Components of Foods

Question 1

Name the major nutrients in our food.

Answer

The major nutrients in our food are Carbohydrates, proteins, Fats, Vitamins and minerals.

Question 2

Name the following:

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

Answer

- a) Carbohydrates and fats
- b) Proteins and minerals
- c) Vitamin A
- d) Calcium

**Question 3**

Name two foods each rich in:

- (a) Fats
- (b) Starch

(c) Dietary fibre

(d) Protein

Answer

Fats	Mustard oil and Meat
Starch	Rice and Mango
Dietary fibre	Pulses and Potato
Protein	Gram and Milk

Question 4

Tick (✓) the statements that are correct.

- (a) By eating rice alone, we can fulfill the nutritional requirement in 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. ()

Answer

- a) (X)
- b) (✓)
- c) (✓)
- d) (X)

Question 5

Fill in the blanks:

- (a) _____ is caused by the deficiency of vitamin D.
- (b) Deficiency of _____ causes a disease known as beri-beri.
- (c) Deficiency of vitamin C causes a disease known as _____.
- (d) Night blindness is caused due to deficiency of _____ in our food.

Answer

- (a) Rickets
- (b) Vitamin B1
- (c) Scurvy
- (d) Vitamin A