

A Choose the correct option.

1. Food contain which special substance that provide nourishment to our body?
 - a. Fats
 - b. Vitamins
 - c. Nutrients
 - d. Minerals
2. There are _____ main nutrients.
 - a. Two
 - b. Three
 - c. Four
 - d. Five
3. Oil and butter are rich in _____.
 - a. Minerals
 - b. Carbohydrates
 - c. Proteins
 - d. Fats
4. Green leafy vegetables, banana, apple and carrot are sources of _____.
 - a. Iron
 - b. Vitamins
 - c. Proteins
 - d. Fats
5. Which nutrients is also known as energy giving nutrients?
 - a. Minerals
 - b. Vitamins
 - c. Carbohydrates
 - d. Proteins
6. What is the function of roughage in our body?
 - a. It helps to build muscles
 - b. It prevents constipation
 - c. It give us energy
 - d. It protects us from diseases

C Give two examples for each of the following.

Column A	Column B
1. Boiling	a. Jams and Jellies
2. Freezing	b. Juices and Jam
3. Canning	c. Red chillies and Mint
4. Drying (Dehydration)	d. Milk
5. Adding preservatives	e. Vegetables and Fruits

B Put tick (√) for good & cross (×) for bad cooking habits.

1. All fruits and vegetables should be washed before use. _____
2. Vegetables can be washed even after cutting. _____
3. Overcooking is important in preparing food. _____
4. Roasting destroys the nutrients present in the food. _____
5. Seasonal fruits and vegetables are healthy to eat. _____
6. We should boil the water as it kills the germs present in it. _____
7. Always throw the water of soaked pulses. _____
8. We should wash our hands properly before and after cooking. _____

D Identify the food items on the basis of their nutrients.

Groundnut, Eggs, Cashews, Milk, Rice, Potato, Vegetables, Maize, Fruits, Nuts, Fish, Wheat, Cheese, Bread, Peas, Butter, Soya beans, Chapati, Sugar, Cereals, Ghee Vegetable oil,, Meat, Chocolate, Pulses, Sugarcane juice.

Carbohydrate	Fats	Protein	Vitamins

C Give two examples for each of the following.

1. Food containing roughage:- _____
2. Nutrients in a balanced diet:- _____
3. Exercises for a healthy body:- _____
4. Preservatives used in pickles:- _____
5. Sources of Iron:- _____

Answers

- A.
1. Nutrients
 2. Five
 3. Fats
 4. Iron
 5. Carbohydrate
 6. It prevents constipation
- B.
1. d
 2. e
 3. b
 4. c
 5. a
- C.
1. ✓
 2. ✗
 3. ✗
 4. ✓
 5. ✓
 6. ✓
 7. ✗
 8. ✓
- D.

Carbohydrate	Fats	Protein	Vitamins
Rice	Groundnut	Milk	Milk
Potato	Cashews	Pulses, Cheese	Vegetables
Wheat, Maize	Nuts	Eggs, Peas	Cereals
Sugar, Chocolate	Ghee	Soya beans	fruits
Bread, Chapati	Butter	Fish, Meat	
Sugarcane juice	Vegetable oil		

- E.
1. Salads, Cereals
 2. Protein, vitamin
 3. Aerobic, Pushups
 4. Salt, Oil
 5. Spinach, Apple