

5. Food for Health

A. Fill in the blanks.

Ayurveda, Thali, Smoke, Ash, Diseases, Packaged, Balanced, Water,
Jowar, Bajra, Body-building, Chef

1. Food is required for _____ growth of our body.
2. _____ says eating balanced food with shad rasa is good for health.
3. In winters, we eat roti made of _____ and _____.
4. _____ food makes our muscles strong.
5. Protective food protects us from _____.
6. Fresh home-cooked food is better than _____ food.
7. In India, every region has a special _____.
8. A _____ is a professional cook.
9. A solar cooker does not produce _____ or _____.
10. _____ helps remove waste from the body.

B. Choose the correct option.

1. Which food has six tastes?

a) Dhokla <input type="checkbox"/>	b) Idli <input type="checkbox"/>
c) Pizza <input type="checkbox"/>	d) Ugadi Pachadi <input type="checkbox"/>
2. Which of the following is a millet?

a) Bajra <input type="checkbox"/>	b) Wheat <input type="checkbox"/>
c) Rice <input type="checkbox"/>	d) Sugar <input type="checkbox"/>
3. What helps in digestion?

a) Oil <input type="checkbox"/>	b) Water <input type="checkbox"/>
c) Salt <input type="checkbox"/>	d) Sugar <input type="checkbox"/>
4. Body-building foods are rich in






a) Carbohydrates <input type="checkbox"/>	b) Proteins <input type="checkbox"/>
c) Vitamins <input type="checkbox"/>	d) Fiber <input type="checkbox"/>
5. Which food group is essential for providing energy for daily activities?

a) Body-building foods <input type="checkbox"/>	b) Protective foods <input type="checkbox"/>
c) Energy-giving foods <input type="checkbox"/>	d) Junk food <input type="checkbox"/>

C. Write whether the following statements are True or False.

1. Breakfast is the last meal of the day.
2. Fruits protect us from diseases.
3. Water helps remove waste from the body.
4. Eating only one type of food is enough for our body.
5. Water removes waste from our body through urine, sweat, and faeces.
6. All tastes together make the food less enjoyable.
7. In a food stall, food from only one state is displayed.
8. We should not check the expiry date before buying food items.
9. Solar cooking uses sunlight to cook food instead of fire.
10. Drinking sufficient water should be a part of our healthy habits.

D. Match the following.

Column A	Column B
Rich in energy •	• 
Helps us grow, build muscles •	• 
water-rich fruits •	• 
Skin and the whole body •	• 
Director or head of the kitchen •	• 

E. Short Answer Questions.

1. What is 'Shad Rasa'?

Ans. _____

2. Why are millets called healthy food?

Ans. _____

3. What are energy-giving foods? Give two examples.

Ans. _____

4. Why should we avoid junk food?

Ans. _____

5. Which food items provide energy to our body?

Ans. _____

6. What is Ugadi Pachadi and which states is it traditional to?

Ans. _____

7. Why do we need to eat different kinds of food items?

Ans. _____

8. How is a solar cooker useful to us?

Ans. _____

9. What are food items that can be eaten without cooking? Give two examples.

Ans. _____

10. What is junk food?

Ans. _____

F. Long Answer & Value-Based Questions.

1. Write five characteristics of junk food.

Ans. _____

2. Explain the three types of food groups with examples.

Ans. _____

3. Why is water important for our health?

Ans. _____

4. What is a balanced diet? How does it help us stay healthy?

Ans. _____

G. Think and answer the questions.

6. What are the three main meals in a day?

Ans. _____

7. Why do we need food?

Ans. _____

8. What will happen if we eat only junk food daily?

Ans. _____

9. Why are millets considered healthy?

Ans. _____

H. Give one word answers.

1. A plate containing all three food groups in the right amounts. _____
2. Name one roti eaten in summer. _____
3. A substance found in food that provides energy and helps the body grow and stay strong. _____
1. A sharp or spicy taste, like that of green chili. _____
2. A type of grain that is rich in nutrients, such as jowar, bajra, and jau. _____
3. A method of cooking food using sunlight, without fire or electricity. _____

I. Name Any Two Food Items for Each Cooking Method.

- | | | | |
|-------------|---|-------|-------|
| 1. Boiling | – | _____ | _____ |
| 2. Roasting | – | _____ | _____ |
| 3. Steaming | – | _____ | _____ |
| 4. Grilling | – | _____ | _____ |
| 5. Frying | – | _____ | _____ |
| 6. Baking | – | _____ | _____ |

J. Arrange the following into correct categories: Energy-giving foods, Body-building foods, Protective foods, Junk foods.

Guava, Burgers, Maize, Paneer, Honey, Amla, Soft Drinks, Pulses, Carrot, Bread pakoda, Potato, Orange, Butter, Almonds, Chips, Rice, Eggs, Spinach, Pizza, Meat,

Energy-giving foods	Body-building foods	Protective foods	Junk food
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Answer**A. Fill in the blanks**

- | | | | | |
|-------------|-------------|-----------------|------------------|-------------|
| 1. Balanced | 2. Ayurveda | 3. Jowar, Bajra | 4. Body-building | 5. Diseases |
| 6. Packaged | 7. Thali | 8. Chef | 9. Smoke, Ash | 10. Water |






B. MCQs

- | | | | |
|---------------------------|-------------|-------------|----------------|
| 1. d) Ugadi Pachadi | 2. a) Bajra | 3. b) Water | 4. b) Proteins |
| 5. c) Energy-giving foods | | | |

C. True or False

- | | | | | |
|----------|----------|----------|----------|----------|
| 1. False | 2. True | 3. True | 4. False | 5. True |
| 6. False | 7. False | 8. False | 9. True | 10. True |

D. Match the following.

Column A	Column B
Rich in energy	
Helps us grow, build muscles	
water-rich fruits	
Skin and the whole body	
Director or head of the kitchen	

E. Short Answer Questions

- Shad Rasa means six tastes—sweet, sour, salty, pungent, bitter, and astringent.
- Millets are called healthy food because they are rich in nutrients and provide energy to the body.
- Energy-giving foods provide energy for daily activities. Examples: rice and potato.
- We should avoid junk food because it contains too much oil, sugar, and salt, which can harm our health.
- Food items like rice, maize, potato, honey, and banana provide energy to our body.
- Ugadi Pachadi is a traditional dish made with six tastes. It is popular in Andhra Pradesh, Karnataka, and Telangana.
- We need to eat different kinds of food because our body needs various nutrients to stay healthy, strong, and active.

8. A solar cooker is useful because it cooks food using sunlight and does not produce smoke or pollute the environment.
9. Food items eaten without cooking are called raw or no-cook foods. Examples: fruit chaat and vegetable salad.
10. Junk food is unhealthy food that contains high amounts of oil, sugar, and salt.

F. Long Answer Questions.

1. Five characteristics of junk food:

- Contains high amounts of oil, sugar, and salt
- Low in nutrients like vitamins and minerals
- Often processed and packaged
- Tasty but unhealthy if eaten regularly
- Can cause health problems like obesity and weakness

2. Three types of food groups with examples:

- Energy-giving foods: Give energy for daily activities (e.g., rice, wheat, potato, butter)
- Body-building foods: Help in growth and muscle building (e.g., pulses, eggs, milk, paneer)
- Protective foods: Protect us from diseases and keep us healthy (e.g., fruits and vegetables like carrot, spinach, orange)

3. Importance of water for our health: Water helps in digestion of food and keeps our body hydrated. It regulates body temperature and keeps our skin healthy. It also helps in removing waste from the body through urine, sweat, and faeces.

4. Balanced diet and its importance: A balanced diet is a diet that includes all nutrients in the right amounts from different food groups. It helps in proper growth, gives energy, strengthens immunity, and keeps our body healthy and active.

G. Think and Answer

1. The three main meals in a day are breakfast, lunch, and dinner.
2. We need food for energy, growth, and to stay healthy and active.
3. If we eat only junk food daily, we may become unhealthy, weak, and fall sick.
4. Millets are considered healthy because they are rich in nutrients and help keep our body strong and healthy.

H. One Word Answers

1. Balanced plate
2. Jau
3. Nutrients
4. Pungent
5. Millet
6. Solar cooking

I. Cooking Methods – Name Any Two

1. Boiling – Rice, Dal, Eggs
2. Roasting – Corn, Peanuts, Papad
3. Steaming – Idli, Dhokla, Idiyappam
4. Grilling – Paneer, Vegetables, Corn
5. Frying – Samosa, Pakoda, Vada
6. Baking – Cake, Bread, Biscuits

J. Arrange the following into correct categories:

1. Energy-giving foods : Maize, Honey, Potato, Butter, Rice
2. Body-building foods : Paneer, Pulses, Almonds, Eggs, Meat
3. Protective foods : Guava, Amla, Carrot, Orange, Spinach
4. Junk foods : Burgers, Soft Drinks, Bread pakoda, Chips, Pizza