**Exercise NCERT Solution**

1. **Name the major nutrients in our food.**

Answer: The major nutrients in our food are carbohydrates, proteins, fats, vitamins and minerals. In addition, food also contains dietary fibres (roughage) and water.

**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) The nutrients which mainly give energy to our body. **Carbohydrates and fats**

(b) The nutrients that are needed for the growth and maintenance of our body. **Proteins**

(c) A vitamin required for maintaining good eyesight. **Vitamin A**

(d) A mineral that is required for keeping our bones healthy. **Calcium**

**3. Name two foods each rich in:**

**(a) Fats**

**(b) Starch**

**(c) Dietary fibre**

**(d) Protein**

**Answer.**

(a) Fats-butter, ghee, milk , ground nut,

(b) Starch-sugar , potatoes, rice, sugarcanes

(c) Dietary fibre- vegetables,

(d) Protein- whole pulses, milk, cheese, beans, meat

**4. Tick (√) the statements that are correct.**

**(a) By eating rice alone, we can fulfill nutritional requirement of 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) By eating rice alone, we can fulfill nutritional requirement of 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. (× )

**5. Fill in the blanks.**

**(a) \_\_\_\_\_\_\_\_\_\_\_\_\_\_ is caused by 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** is caused by deficiency of Vitamin D.

(b) Deficiency of **vitamins B**1 causes a disease known as beri-beri.

(c) Deficiency of Vitamin C causes a disease known as **Scurvy**.

(d) Night blindness is caused due to deficiency of **vitamins A** in our food.

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