



Food and its components

A. Choose the Correct Answer:

1. Which of the following is a major component of food that provides energy?

- A) Vitamins
- B) Proteins
- C) Carbohydrates
- D) Minerals

2. What nutrient is essential for body growth and repair?

- A) Fats
- B) Proteins
- C) Carbohydrates
- D) Water

3. Which food group helps protect the body from diseases?

- A) Fats
- B) Vitamins and minerals
- C) Carbohydrates
- D) Proteins

B. Fill in the Blanks:

1. _____ provide the body with energy and are found in foods like rice and bread.
2. _____ help build and repair tissues in the body.
3. _____ are essential for keeping the body hydrated and help in the digestion process.

C. Case Study:

Ravi's school organized a health awareness camp.

- The nutritionist explained the importance of a balanced diet that includes carbohydrates, proteins, fats, vitamins, and minerals.
- She mentioned that carbohydrates provide energy, while proteins help in body growth and repair.
- The nutritionist also said that fats provide stored energy and keep the body warm.
- She emphasized the importance of drinking plenty of water and eating fruits and vegetables for vitamins and minerals.



Case Study Questions:

1. According to the nutritionist, what is the role of carbohydrates in the body?
2. How do proteins help the body?
3. Why are vitamins and minerals important in a diet?
4. What advice did the nutritionist give about water consumption?

D. Short Answer Questions:

1. What are the main components of food?
2. How do carbohydrates and fats provide energy to the body?
3. Why is water an important component of food?

E. Long Answer Questions:

1. Explain the different components of food and their functions with examples.
 2. Why is it important to eat a balanced diet? Describe the role of each food component.
 3. How do vitamins and minerals help in keeping the body healthy?
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