

Various Nutrients Do for our Body

A. Choose the correct answer:

1. What is the primary function of food in the human body?
 - a) To provide entertainment
 - b) To give energy and support growth
 - c) To make food industries rich
 - d) To replace water in the body
2. Which nutrient helps in repairing injured body tissues?
 - a) Carbohydrates
 - b) Fats
 - c) Proteins
 - d) Vitamins
3. Which of the following traditional dishes is from Punjab?
 - a) Dhokla
 - b) Sarson da saag and makki di roti
 - c) Rasgulla
 - d) Dal baati churma

B. Fill in the Blanks:

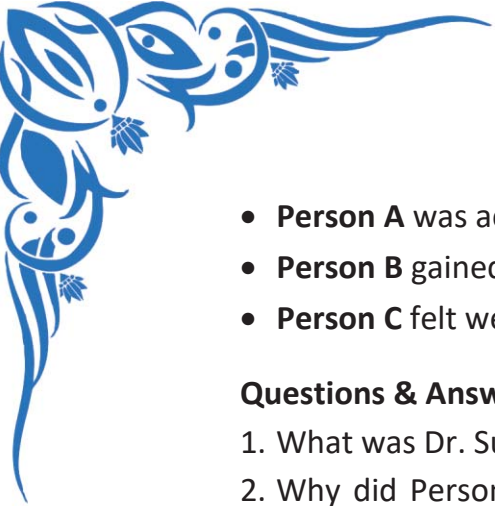
1. Food provides the body with essential _____ required for growth and development.
2. The main source of energy in our diet comes from _____.
3. Over time, traditional cooking methods using chulhas and sil-batta have been replaced by _____ and _____.

C. Case Study:

A nutritionist, Dr. Suman, conducted a study on how different food habits impact health. She observed the eating patterns of three individuals:

- **Person A** ate a balanced diet consisting of proteins, carbohydrates, fats, vitamins, and minerals.
- **Person B** primarily consumed fast food, sugary drinks, and very few fresh fruits or vegetables.
- **Person C** had a diet mainly consisting of raw and boiled vegetables with very little protein intake.

After six months, Dr. Suman recorded the following findings:



- **Person A** was active, had strong immunity, and maintained a healthy weight.
- **Person B** gained excess weight, often felt tired, and had frequent health issues.
- **Person C** felt weak and had muscle loss due to insufficient protein intake.

Questions & Answers:

1. What was Dr. Suman trying to analyze through her study?
2. Why did Person B experience health issues despite consuming a high-energy diet?
3. What was the drawback in Person C's diet, and how did it affect their health?
4. Based on this study, why is a balanced diet important?

D. Short Answer Questions:

1. Why do organisms need food?
2. How does food help in protecting the body from diseases?
3. What are some traditional cooking methods that were used before modern appliances?

E. Long Answer Questions:

1. Explain the role of different nutrients in food and their importance for a healthy body.
2. Describe how food habits have changed over time and the impact of modern cooking practices on health.
3. Discuss how different states in India have unique food cultures and how local crops influence traditional diets.