

## Kinds of Nutrients

### A. Choose the correct answer:

**1. Which nutrient provides the body with energy?**

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

**2. Which nutrient is essential for building strong bones and teeth?**

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

**3. Which vitamin helps in improving eyesight?**

- A) Vitamin A
- B) Vitamin B
- C) Vitamin C
- D) Vitamin D

**4. Which of the following is a rich source of protein?**

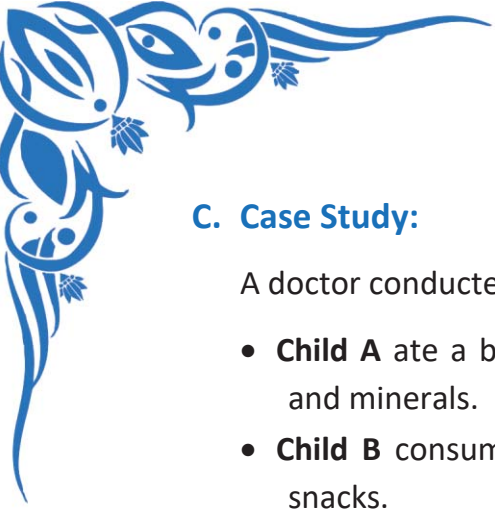
- A) Rice
- B) Fish
- C) Butter
- D) Sugar

**5. Which nutrient helps in protecting the body from diseases?**

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

### B. Fill in the Blanks:

1. \_\_\_\_\_ are nutrients that help in repairing body tissues and building muscles.
2. The main function of carbohydrates is to provide \_\_\_\_\_.
3. \_\_\_\_\_ is an essential mineral needed for strong bones and teeth.
4. Foods rich in \_\_\_\_\_ help the body fight against diseases.
5. Water helps in digestion and removes \_\_\_\_\_ from the body.



### C. Case Study:

A doctor conducted a study on three children with different eating habits:

- **Child A** ate a balanced diet, including carbohydrates, proteins, fats, vitamins, and minerals.
- **Child B** consumed mostly junk food like chips, sugary drinks, and processed snacks.
- **Child C** ate only raw fruits and vegetables with very little protein.

**After a few months, the doctor observed that:**

- **Child A** was healthy, energetic, and had strong immunity.
- **Child B** felt tired often, gained weight, and had frequent stomach problems.
- **Child C** was underweight, felt weak, and lacked energy.

#### Questions & Answers:

1. What was the doctor trying to study?
2. Why did Child B face health problems despite eating a lot of food?
3. What was missing in Child C's diet, and how did it affect them?
4. Why is it important to have a balanced diet?

### D. Short Answer Questions:

1. What are the different kinds of nutrients needed by our body?
2. Why is water an essential part of our diet?
3. How do vitamins and minerals help in keeping the body healthy?

### E. Long Answer Questions:

1. Explain the different types of nutrients and their functions in the body.
2. How do unhealthy eating habits affect our health?
3. Why should we eat a variety of foods from different food groups?