

Various Nutrients Do for our Body

1. Fill in the Blanks:

- a. Carbohydrates provide _____ to our body.
- b. _____ is the main nutrient responsible for repairing and building tissues.
- c. _____ is a fat-soluble vitamin that helps in maintaining good vision.
- d. Protein-rich foods are essential for _____ development in children.
- e. _____ is important for healthy skin and vision.

2. True or False:

- a. Fruits and vegetables are excellent sources of fiber.
- b. Calcium is essential for strong bones and teeth.
- c. Iron deficiency can lead to anemia.
- d. Carbohydrates provide a quick source of energy for our body.
- e. Fats are essential for the absorption of fat-soluble vitamins.

3. Match the following:-

| Column A | Column B |
|------------------|-------------------------------|
| i. Carbohydrates | A. Provide energy |
| ii. Proteins | B. Repair and build tissues |
| iii. Vitamins | C. Regulate body processes |
| iv. Minerals | D. Strengthen bones and teeth |