

Basic Constituents of Food

1. Fill in the blanks

- A. Minerals are needed in the diet in _____ quantities.
- B. Dietary fibers are necessary for the _____ movement of food.
- C. Vitamin A, D, E, and K can be _____ In the body.

2. True or false

- A. Nitrogen is the most essential element in protein.
- B. Sugar, starch, and cellulose are examples of carbohydrates.
- C. Fat is an important form of energy storage for future use.
- D. Vitamins are the chemical substances.

3. Matching/unscramble the words:-

Column A	Column B
I. Minerals	A. Protein, minerals, vitamins
II. Fats	B. Provide energy to the body
III. Constituents	C. Store energy
IV. Carbohydrates	D. Table salt, green vegetables and fruits

4. Answer the following questions

- A. How many components are present in food? Provide names

B. How does protein formed?

A large, empty rounded rectangular box with an orange border, intended for the student's answer to question B.

C. Name any five items in which carbohydrates are present.

A large, empty rounded rectangular box with an orange border, intended for the student's answer to question C.

D. How does water help to keep our body healthy?

A large, empty rounded rectangular box with an orange border, intended for the student's answer to question D.