

Classification of Food

1. Fill in the blanks

- A. _____ is a major source of energy.
- B. Meat, fish, seafood, and eggs are good sources of _____
- C. Dietary fiber can be classified in to _____ and _____ fiber.
- D. Each nutrient performs _____ functions in our body.

2. True or false

- A. Nutrition is an important component of the body.
- B. Food has an immediate and long term effect on individual's health.
- C. Deficiency diseases can be prevented by eating a balanced diet.

3. Match the following:-

Column A	Column B
I. Reinpot	A. Vitamin
II. Menliars	B. Protein
III. Tivanmi	C. Carbohydrate
IV. Bocatradhyer	D. Minerals

4. Answer the following questions

- A. How does food can be classified?

B. We can divide the food in how many groups? Name them

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

C. Which group of food should be taken in a small amount?

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

D. Which kind of food gives us protein? Name any five food items

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