

Function of nutrients

1. Fill in the blanks

- A. Vitamins protect _____ , _____ and against diseases.
- B. Skin, hair, and muscles are made up of _____
- C. We get vitamin D from _____
- D. Lemon and gooseberry are a rich source of _____

2. True or false

- A. Milk is perfect food for everyone.
- B. Water is the most important nutrient for our body.
- C. High sugar intake is the main problem for our health
- D. Eggs raise cholesterol level in our body.

3. Match the following:-

Column A	Column B
I. Vitamin C	A. Protein
II. Vitamin D	B. Lemon
III. Milk	C. Sunlight
IV. Rice	D. Mango, Carrot
V. Vitamin A	E. Vitamin B

4. Answer the following questions

A. What are nutrients?

B. How many components are present in the food?

C. Name the nutrients and substances those are needed for our body.

D. Does all food contain all the required nutrients?