

What do Different Food Items Contain

1. Fill in the blanks

- A. The nutrients which give _____ to our body.
- B. A mineral is required for keeping our bones _____
- C. Rice is full of _____
- D. To keep our body healthy we should eat _____ food.
- E. We should avoid _____ food.

2. True or false

- A. We can fulfill nutritional requirement of our body by eating rice alone.
- B. The excess intake of fats is harmful for our body.
- C. Junk food is necessary for our body.
- D. The main carbohydrate found in our body in the form of starch and sugars.

3. Match the following:-

Column A	Column B
I. Energy giving food	A. Vitamins and minerals
II. Protective food	B. Carbohydrate and fats
III. Body building food	C. Protein

4. Answer the following questions

A. What are the nutrients our food contains?

B. What we can call components those are present in our food?

C. What do we need for the growth and maintenance of our body?

D. Name two foods which are rich in fats.