

CLASS - VISUBJECT - SCIENCE Chapter - 2 'Components of food'

The food we eat in a day is called a diet. We eat food items such as bread, eggs, fruits, vegetables, rice, pulses etc. All these food items are made up of some basic components called nutrients. The major nutrients in our food are named carbohydrates, fats, proteins, vitamins and minerals. In addition our body also needs water and dietary fiber. Our food should include all these essential nutrients to keep us healthy and fit.

Carbohydrates Carbohydrates are energy giving foods. The main carbohydrates found in our food are in the form of starch and sugar. Glucose, fructose, sucrose, jaggery are some examples of sugar. Starch is tasteless and odorless. Rice, wheat, potatoes, maize etc are sources of starch.

Fats Fat is made up of carbon, hydrogen and oxygen. Meat, fish, butter, eggs, nuts are sources of fat. Fat provides energy to our body and keeps the body warm.

Proteins Proteins are body building foods. They promote growth and repair worn out tissues. Pulses, cereals, beans are sources of plant proteins. Milk, fish, meat, eggs and cheese are sources of animal proteins.

P.T.O.

Vitamins Vitamins help in protecting our body against diseases. Vitamin A - Keeps our eyes and skin healthy. Milk, papaya, fish are some sources of vitamin A. Vitamin B keeps our nervous and digestive system healthy. Meat, eggs, wheat are some sources of vitamin B. Vitamin C protects against infections and Vitamin D essential for normal growth of bones and teeth.

Minerals They help in proper utilisation of other nutrients in our body. Iron, calcium, zinc, copper are some minerals needed by our body.

HOME WORK

LEARN AND WRITE ALL NOTES AND DEFINATIONS

Ques - Answer these questions

- (i) What do you mean by a diet?
- (ii) Name the various nutrients in our food?
- (iii) What do you mean by nutrients?

Ques - Fill in the blanks.

- (i) The main components of food are called _____.
- (ii) Proteins are body _____ foods.
- (iii) Fat is made up of _____, hydrogen and oxygen.

Ques Write True or false

- (1) Carbohydrates keep the body warm.

P.T.O.

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(i) Fats produce more energy than carbohydrates

(ii) Vitamin c protects against infections

Ques. Give two examples of -

(i) Animal sources of proteins. _____

(ii) Food rich in Vitamin B. _____

Ques- Choose the correct option.

(1) Which of these is not a nutrient?

(a) Water (b) Carbohydrates (c) Proteins (d) Fats

(ii) Which disease is caused by deficiency of vitamin D?

(a) Rickets (b) Scurvy (c) Typhoid (d) Dengue

Ques- Draw a figure of 'Sources of proteins'