



FOOD AND HEALTH

Question-Answer



1 Choose the correct answer for each of the following.

a. Which of these is good for health?

- i. Exercise ii. Overeating iii. Watching television

b. What helps us to maintain hygiene?

- i. Throwing garbage on the footpath ii. Covering our food
iii. Sharing our toothbrush

c. Which of these is a deficiency disease?

- i. Typhoid ii. Rickets iii. Malaria

d. Which of these is not a deficiency disease?

- i. Rickets ii. Diarrhoea iii. Scurvy

e. What is caused by the lack of vitamin A?

- i. Night blindness ii. Beriberi iii. Rickets

2 Write T for True and F for False.

- a. Proteins are also called protective food. → (Body building food) F
- b. Beriberi is caused by the lack of vitamin C. → (Vitamin - B₁) F
- c. Mustard oil is adulterated using argemone seeds. T
- d. Obesity is caused due to malnutrition. → (Bad habits and poor lifestyle) F

3 Fill in the blanks.

- a. Vitamins and minerals (minerals/fats) protect us against diseases.
- b. A sportsperson needs more (more/less) carbohydrates than an office worker.
- c. Rickets is caused due to the deficiency of vitamin D (vitamin C/vitamin D).
- d. Pizza (Pizza/Milk) is a junk food.
- e. AGMARK (WHO/AGMARK) means a food product meets the approved standards.

Name the essential nutrients that we obtain from food.

Carbohydrates, Proteins, Fats, Vitamins and
minerals.

Name any three things we must do to remain healthy.

- ① Eat a variety of food.
- ② Do not eat too many sweets or sugary food.
- ③ You must include vegetables and fruits in your diet.

1. What is balanced diet?

⇒ A diet containing all the essential nutrients like carbohydrates, fats, proteins, vitamins, minerals, roughage and water in correct proportions is called balanced diet.

2. How is macronutrient different from a micronutrient?

⇒ Macronutrients are those nutrients that the body needs in large amounts, like carbohydrates, fats and proteins. These provide the body with energy.

Micronutrients are those nutrients that the body needs in smaller amounts, like vitamins and minerals. These protect us against diseases.

3. Give any two tips for healthy eating.

⇒ Two tips for healthy eating —

- Eat a lot of vegetables and fresh fruits.
- Drink plenty of water.

4. What is junk food?

⇒ Junk food is a term for food containing high levels of calories from sugar and fat with less protein, vitamins or minerals. The term describes that a particular food has less nutrition value and contains a lot of fat, sugar, salt and calories.
