

Worksheet

Food: Our Basic Need

MCQs

Question 1: Which of these are energy-giving nutrients?

- (a) Vitamins and minerals**
- (b) Carbohydrates and fats**
- (c) Proteins and fats**
- (d) Vitamins and carbohydrates**

Answer :

Correct Answer is Option B.

The nutrients that provide energy are commonly referred to as macronutrients (carbohydrates, lipids, and proteins). Carbohydrates and proteins provide a similar amount of energy per gram of food.

Question 2: Which of these nutrients is very important but required only in very small quantities?

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

Answer :

Correct Answer is Option D.

Fats are required in small quantities by our bodies.

Question 3: Which of the following is not good for our body?

- (a) Junk food**
- (b) Carbohydrates**
- (c) Proteins**
- (d) Balanced diet**

Answer :

Correct Answer is Option A.

Junk food is not good for our body as it is unhealthy.

Question 4: Which nutrient helps your body make new cells for growth?

- (a) Proteins**
- (b) Carbohydrates**
- (c) Vitamins**
- (d) Fats**

Answer :

Correct Answer is Option A.

Proteins give your body amino acids — the building blocks that help your body's cells do all of their everyday activities. Proteins help your body build new cells, repair old cells, create hormones and enzymes, and keep your immune system healthy.

Question 5: Which of these are known as protective foods?

- (a) Vitamins**
- (b) Carbohydrates**
- (c) Proteins**
- (d) Fats**

Answer :

Correct Answer is Option A.

Foods that are rich in minerals and vitamins are referred to as protective foods. Foods such as leafy or yellow vegetables, meat, citrus fruits, egg, milk, which contain sufficient quantities of vitamins, minerals and high-quality proteins that protect against the occurrence of a disease of deficiency.

Question 6: Which of the following in a way to preserve food?

- (a) canning**
- (b) Frying**
- (c) Pickling**
- (d) Baking**

Answer :

Correct Answer is Option A.

Among the oldest methods of preservation are drying, refrigeration, and fermentation. Modern methods include canning, pasteurization, freezing, irradiation, and the addition of chemicals. Advances in packaging materials have played an important role in modern food preservation.

Question 7: True & False

- The fibre or roughage in our diet is not digested and does not provide nourishment. **(True)**
- Water is essential for all bodily functions and for life. **(True)**
- Vitamin D is essential to build strong bones and teeth. **(True)**
- Water also helps in digestion, and the elimination of waste. **(True)**
- Food is submerged in oil in boiling. **(False)**

Tips:

- It is sometimes called roughage or bulk. Fiber is the part of plant foods that our bodies do not break down during digestion. Because fiber isn't digested, it doesn't give us calories. Foods that contain a lot of fiber may also contain other types of carbohydrates like starch or sugar.
- Here are just a few important ways water works in your body:
- Regulates body temperature. Moistens tissues in the eyes, nose and mouth. Protects body organs and tissues. Carries nutrients and oxygen to cells.
- Vitamin D is necessary for strong bones and muscles. Without Vitamin D, our bodies cannot effectively absorb calcium, which is essential to good bone health. Children who lack Vitamin D develop the condition called rickets, which causes bone weakness, bowed legs, and other skeletal deformities, such as stooped posture.
- Breaking down food – and our metabolism in general – generates waste. This needs to be removed or it would damage the body. Water is the solvent for these waste products – it dissolves them and allows them to pass out of the body as urine, as well as in sweat.
- Food is submerged in boiling water.

Fill in the blanks

Question 8:

(a) The food that keeps the body warm

Answer : Fats also provide energy for the body. They act as reserve of energy when carbohydrates are not available. It helps to keep body warm. Food rich in fats include oil, butter, nuts, coconut, ghee, cheese, cream etc.

(b) This makes up more than half of our body weight

Answer : Water makes up more than half of your body weight.

(c) Component of food that helps to get rid of undigested food

Answer : Dietary fibres are also known as roughage, and roughage is mainly provided by plant products. It does not provide nutrients, but it is an essential component of our food and adds to its bulk. It also helps our body get rid of undigested food.

(d) food adversely affects kidney, liver and other vital organs.

Answer : A kidney-friendly diet limits those foods that contain large amounts of saturated fat, protein and certain minerals, including sodium, potassium and phosphorus.

(e) Diet that has all the necessary nutrients

Answer : A balanced diet is a diet that contains differing kinds of foods in certain quantities and proportions so that the requirement for calories, proteins, minerals, vitamins and alternative nutrients is adequate and a small provision is reserved for additional nutrients to endure the short length of leanness.

Match the following

Question 9:

- | | |
|--------------|---------------------------------|
| (a) Food | (i) Source of energy |
| (b) Pickling | (ii) Cake in oven |
| (c) Baking | (iii) Supports digestive system |
| (d) Roughage | (iv) Body-building food |
| (e) Proteins | (v) Vinegar, salt |

Answer :

- (a) Food - Source of energy
- (b) Pickling - Salt, vinegar
- (c) Baking - Cake in oven
- (d) Roughage - supports digestive system
- (e) Proteins - Body building food

Which nutrient am I?

Question 10:

- I help you to grow and repair damaged parts of your body. **Proteins**
- I keep you warm. **Fats**
- I help in the smooth excretion of waste from the body. **Fibre**
- If you need quick energy, I am the one you need. **Carbohydrates**
- My name starts with V and cure some diseases. **Vitamins**

- I am not a nutrient but I make up more than half of your body weight. Water

Tips:

- Protein is the major structural component of cells and is responsible for the building and repair of body tissues. Protein is broken down into amino acids, which are building blocks of protein.
- Fats also provide energy for the body. They act as reserve of energy when carbohydrates are not available. It helps to keep body warm. Food rich in fats include oil, butter, nuts, coconut, ghee, cheese, cream etc.
- Since we do not digest it, the fiber in food passes into the intestine and absorbs water. The undigested fiber creates "bulk" so the muscles in the intestine can push waste out of the body.
- Complex carbohydrates, such as whole grains, are a great source of sustained energy.
- Vitamins help in curing some diseases.
- Water makes up more than half of your body weight.

Answer the following questions in brief.

Question 11: Why do we need food?

Answer : Food is essential for our body to develop, replace and repair itself. Food provides us energy to work and play. It protects us from diseases and help to recover fast from illness.

Question 12: How does it help to include sufficient roughage in the diet?

Answer : Roughage has numerous health benefits. It helps improve digestion and promotes gut health. It may also improve certain risk factors for heart disease and help you manage your weight and blood sugar.

Question 13: How is freezing different than the drying in preserving food?

Answer : Freezing delays spoilage and keeps foods safe by preventing microorganisms from growing and by slowing down the enzyme activity that causes food to spoil. As the water in the food freezes into ice crystals, it becomes unavailable to those microorganisms that need it for growth.

Question 14: What is the difference between energy provided by carbohydrates and fats?

Answer : The body uses three main nutrients to function— carbohydrate,

protein, and fat. These nutrients are digested into simpler compounds. Carbohydrates are used for energy (glucose). Fats are used for energy after they are broken into fatty acids.

Question 15: What makes a balanced diet?

Answer : A balanced diet is made up of foods from the five food groups: starchy carbohydrates, fruits and vegetables, protein, dairy and healthy fats. Each provides the range of vitamins and minerals our bodies need to function efficiently.

Answer the following questions in detail

Question 16: What are the precautions we should take while cooking food?

Answer : We must take certain precautions while cooking food because it may get bacteria. The way we cook our food is as important as the way we prepare and store it. Cross contamination from raw to cooked foods, such as from hands or utensils, can also cause food poisoning.

Question 17: What are the different nutrients we get from food? Mention their functions and sources.

Answer : Nutrients are the substances found in food which drive biological activity, and are essential for the human body. They are categorized as proteins, fats, carbohydrates (sugars, dietary fiber), vitamins, and minerals, and perform the following vital functions.

- Building all parts of the body such as muscle, bone, teeth, and blood
- Producing energy (power and heat)
- Keeping the body in good working order

Question 18: What kinds of food are shown in given pictures? Write correct number.

(a) Energy-giving food,

(b) Protective food,

(c) Body-building food

