

VIDYABHAWAN BALIKA VIDYAPITH

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subject : science

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Based on N.C.E.R.T pattern

FOOD AND ITS DIGESTION:

Check Yourself

1. What are nutrients?
2. How do the following help our body?
 - a. Carbohydrates
 - b. Proteins
 - c. Fats
3. What is the use of vitamins and minerals in our diet ?
4. Name the food items which gives us Vitamins and Minerals..

ANSWER'S:

Ans 1. The food we eat contains substances that keep our body healthy . These substances are called nutrition.

Ans2. The following help our body are:

- a. **Carbohydrates:** They provide energy that helps to keep our body warm .
- b. **Proteins:** These are body-building food, They help in growth.
- c. **Fats :** They also help to keep our skin smooth.

Ans3. Vitamins and minerals are considered essential nutrients—because acting in concert, they perform hundreds of roles in the body. They help shore up bones, heal wounds, and bolster your immune system. They also convert food into energy, and repair cellular damage.

Ans 4. The food items which gives us Vitamins and Minerals are:

- . **meat.**
- . **cereals.**
- . **fish.**
- . **milk and dairy foods.**
- . **fruit and vegetables.**
- . **nuts.**

Check Yourself

1. Define balanced diet?
2. What is digestion?
3. Name is the longest organ in human digestive system.
4. What is the largest organ in our body?

ANSWERS :

Ans 1. The diet that contains the required amount of all the nutrition in correct proportion is called a balanced diet .

Ans 2 : To get energy, the food we eat must be digested properly. The food we eat such as chapati, rice, dal, vegetables, milk, fruits and vegetables, etc. is broken down into smaller and simpler forms. This process of breaking down of food into simpler forms inside our body is called digestion.

Ans 3: **Small Intestine is the longest organ in human digestive system .**

Ans 4 : The skin is the body's largest organ.

TO BE CONTINUE.....