

FOOD , HEALTH AND DISEASES

SUBJECT TEACHER-SONI KUMARI

We have read in the previous classes that food gives us energy to work and perform different activities . Our food includes many varieties like chapatis , dal , vegetables , rice , curd , fruits , salad and meet . Each food item has its own importance .

COMPONENTS OF BALANCED DIET

As we grow , our body needs nutrients like carbohydrates , fats , proteins , minerals , vitamins and water. A nutrient is a useful substance in food which gives nutrition to the body . A diet with all the essential nutrients in right proportion is called a balanced diet .

Let us read more about these nutrients .

1 . Tick (✓) the correct answers :

1 . A diet with all essential nutrients is called

- (a) Roughage (b) minerals (c) balanced diet ✓

2 . Which are also called energy – giving foods ?

- (a) Carbohydrates ✓ (b) proteins (c) vitamins

3 . They repair our worn – out cells and tissues

- (a) Vitamins (b) proteins ✓ (c) minerals

4 . Which mineral helps to strengthen our bones , teeth and gums .

- (a) Iron (b) zinc (c) calcium ✓

5 . Which mineral is found in peas , beans and green leafy vegetables ?

- (a) Phosphorus ✓ (b) fluorine (c) zinc

HOME WORK

Do CW in HW .