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Class: V

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Subject:SCIENCE

Sub.Tec:Naina paswan

BASED ON N.C.E.R.T

CHAPTER: 8 FOOD, HEALTH AND SAFETY

CHECK YOURSELF, PAGE: 61

Ans: 1. Energy fuels your body's internal functions, repairs, builds and maintains cells and body tissues, and supports the external activities that enable you to interact with the physical world. Water, your body's most important nutrient, helps facilitate the chemical reactions that produce energy from food.

Ans: 2. The materials in the food which helped us to remain healthy are known as nutrients.

Ans : 3. carbohydrates are one of the three macronutrients in our diet with their main

function being to provide energy to the body. They occur in many different forms, like sugars and dietary fibre, and in many different foods, such as whole grains, fruit and vegetables...

Ans: 4. Protein

.Meat and meat products (beef, chicken, lamb, pork or kangaroo)

.Fish and seafood.

.Eggs.

Carbohydrates

.Dairy food such as milk and yoghurt (also carbohydrate)

.Beans and pulses.

TO BE CONTINUE.....
