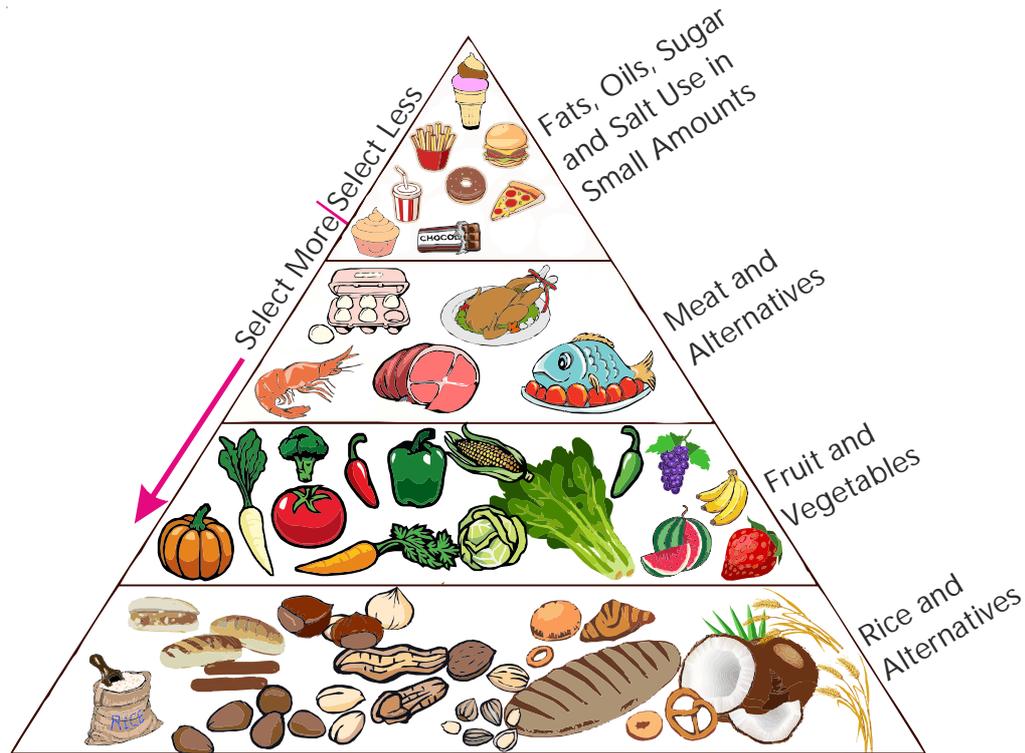


01 In the given picture "Food Pyramid" is shown in detail. Analysing the facts given, answer these questions.



(a) Name the nutrients present in the food group shown at the bottom level of the food pyramid ?

(b) Which vitamin is the main constituent in citrus fruit group ?

02 Complete the given table:

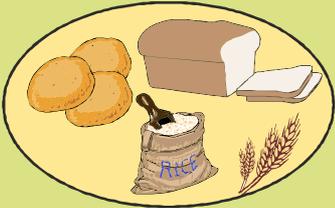
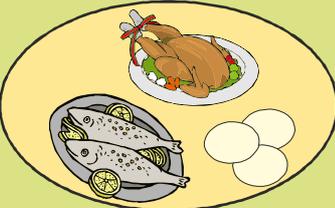
| Name of the Nutrient | Sources | Function/Functions |
|----------------------|---------------------|------------------------|
| Carbohydrates | rice, wheat, potato | give us energy to work |
| Proteins | | |
| Vitamins | | |
| Minerals | | |
| Fat | | |
| Fibre | | |

03

Give examples of sources of food and state the function of each of the classes of food in the table.

| | Food Class | Example of Sources | Function |
|-----|--------------------|------------------------------------------------------------------|------------------------------------------------------------------------------------|
| (a) | Carbo- hydrates | (i) (ii) | Provide energy for daily activities |
| (b) | Proteins | (i) (ii) | For growth and repair of body tissues |
| (c) | Fats | (i) (ii) | Provide twice the amount of energy of carbohydrates |
| (d) | Vitamins | (i) A : (ii) B : (iii) C : (iv) D: (v) E: (vi) K: | (i) A : (ii) B : (iii) C : (iv) D: (v) E: (vi) K: |
| (e) | Minerals | (i) (ii) (iii) | Keep our body healthy |
| (f) | Water | (i) (ii) | Regulates body temperature & as medium for chemical reactions in the body |

04 Provide a suitable heading to the food items shown in each picture group. Also write two more examples.

| | |
|------------------------------------------------------------------------------------------------|--------------|
| <p>(a)</p>  | <p>_____</p> |
| <p>(b)</p>  | <p>_____</p> |
| <p>(c)</p>  | <p>_____</p> |
| <p>(d)</p>  | <p>_____</p> |

05 Give One Word.

Substances needed by our body for energy, good health, and proper growth.

Food items needed by our body to build muscles and grow

Iron and iodine are examples of this nutrient.

The part of the plant food that cannot be digested.

A method of food preservation in which the water content of the food is removed.

Mixing fruits and vegetables with salt and oil.

Body position.

A diet that has all the nutrients in the right amount, dietary fibre, and water.

The kind of food that we eat.