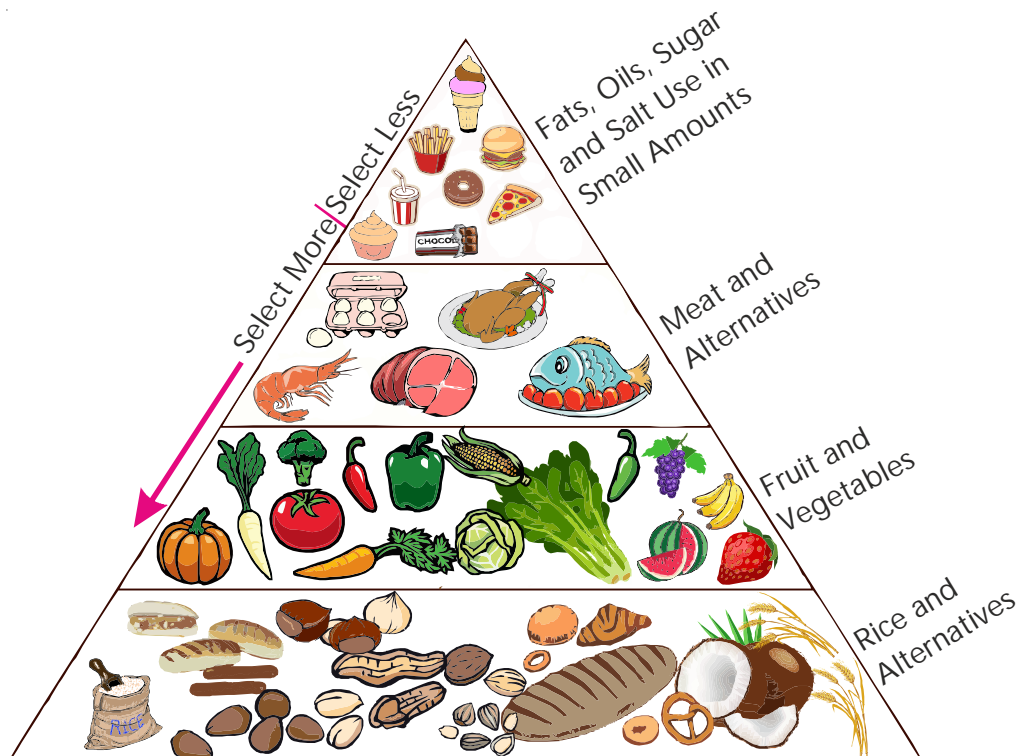


01 In the given picture "Food Pyramid" is shown in detail. Analysing the facts given, answer these questions.



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

Carbohydrates

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

Vitamin C

02 Complete the given table:

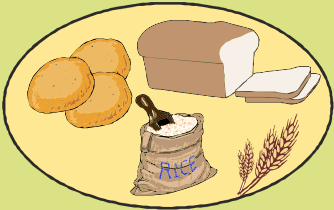
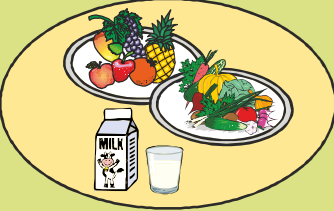

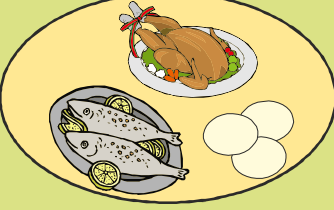
Name of the Nutrient	Sources	Function/Functions
Carbohydrates	rice, wheat, potato	give us energy to work
Proteins	Nuts, Pulses & Meat	Body building
Vitamins	Fruits and Vegetables	Protective in function
Minerals	Fruits and Vegetables	Protective in function
Fat	Oil, Ghee	Provides Energy
Fibre	Plant substances	Prevents constipation

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) Sugar (ii) Starch	Provide energy for daily activities
(b)	Proteins	(i) Chicken (ii) Beans	For growth and repair of body tissues
(c)	Fats	(i) Butter (ii) Coconut oil	Provide twice the amount of energy of carbohydrates
(d)	Vitamins	(i) A : Carrot/liver (ii) B : Milk/eggs (iii) C : Fruits (iv) D: Butter/eggs (v) E: Nuts (vi) K: Cheese/ Vegetables	(i) A : Prevents night vision (ii) B : Prevents beri-beri (iii) C : Prevents scurvy (iv) D: For strong bones and teeth (v) E: Helps fight against diseases (vi) K: Clotting of blood
(e)	Minerals	(i) Vegetables (ii) Meat (iii) Egg yolk	Keep our body healthy
(f)	Water	(i) Fruit juices/ vegetables (ii) Naturally available	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 style="text-align: center;">CARBOHYDRATES</p> <p>Banana Apple</p>
<p>(b)</p> 	<p style="text-align: center;">VITAMINS & MIENRALS</p> <p>Dragon fruit Lemon</p>
<p>(c)</p> 	<p style="text-align: center;">FATS</p> <p>Chocolate Yoghurt</p>
<p>(d)</p> 	<p style="text-align: center;">PROTEINS</p> <p>Beans Grams</p>

05 Give One Word.

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

Nutrients

Food items needed by our body to build muscles and grow

Proteins

Iron and iodine are examples of this nutrient.

Minerals

The part of the plant food that cannot be digested.

Roughage (Fibre)

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

Drying

Mixing fruits and vegetables with salt and oil.

Pickling

Body position.

Posture

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

Balanced diet

The kind of food that we eat.

Diet