

Name: _____ Date: _____

Components of Food

State True (T) or false (F).

- i. Milk does not provide dietary fibre. _____
- ii. Fats provide less energy as compared to the same amount of carbohydrates.

- iii. Lack of nutrients in our diet over a long period are called deficiency diseases.

- iv. Rice and potato are rich in protein. _____
- v. Egg is rich source of protein, phosphorous and vitamin D. _____
- vi. Peas, gram, soya beans and cottage cheese are good source of proteins. _____
- vii. A food item may contain more than one nutrient. _____

Fill in the blanks.

- i. _____ and _____ mainly provide energy to our body.
- ii. A _____ can prevent deficiency disease.
- iii. Too much fat in the diet may lead to _____.
- iv. _____ helps our body to absorb nutrients from food.
- v. _____ gets easily destroyed by heat during cooking.
- vi. _____ helps in clotting of blood.
- vii. Deficiency of Vitamin D causes _____.
- viii. Deficiency of vitamin-C causes _____.
- ix. _____ makes up about 70% of our body weight.
- x. Cooking in too much water destroys _____ in food.
- xi. _____ is important for proper functioning of the digestive system.
- xii. Spinach is rich in _____.
- xiii. An oily patch on paper shows that food item contains _____.
- xiv. Minerals are needed in our body in _____ amount.
- xv. Dietary fibres are also known as _____.

Components of Food

State True (T) or false (F).

- i. Milk does not provide dietary fibre. **True**
- ii. Fats provide less energy as compared to the same amount of carbohydrates. **False**
- iii. Lack of nutrients in our diet over a long period are called deficiency diseases. **True**
- iv. Rice and potato are rich in protein. **False**
- v. Egg is rich source of protein, phosphorous and vitamin D. **True**
- vi. Peas, gram, soya beans and cottage cheese are good source of proteins. **True**
- vii. A food item may contain more than one nutrient. **True**

Fill in the blanks.

- i. **Carbohydrates** and **fats** mainly provide energy to our body.
- ii. A **balanced diet** can prevent deficiency disease.
- iii. Too much fat in the diet may lead to **obesity**.
- iv. **Water** helps our body to absorb nutrients from food.
- v. **Vitamin C** gets easily destroyed by heat during cooking.
- vi. **Vitamin K** helps in clotting of blood.
- vii. Deficiency of Vitamin D causes **rickets**.
- viii. Deficiency of vitamin-C causes **scurvy**.
- ix. **Water** makes up about 70% of our body weight.
- x. Cooking in too much water destroys **nutrients** in food.
- xi. **Fibre or roughage** is important for proper functioning of the digestive system.
- xii. Spinach is rich in **iron**.
- xiii. An oily patch on paper shows that food item contains **fat**.
- xiv. Minerals are needed in our body in **small** amount.
- xv. Dietary fibres are also known as **roughage**.