Name: _____ Date: _____

Components of Food

Q1.   What is obesity?

Ans.   _____

_____

Q2.   Write two foods rich in

a. Fats – _____

b. Carbohydrates / starch – _____

c. Proteins – _____

d. Vitamin A – _____

e. Vitamin C – _____

f. Vitamin B1 – _____

g. Vitamin D – _____

h. Calcium – _____

i. Iodine – _____

Q3.   Classify the following food item into carbohydrates, fats and protein.
       sweet potato, ground nuts, tuar dal, potato, sugarcane, nuts, gram, milk,
       moong, butter, ghee, soya bean, cream, wheat, paneer, rice, bajra.

Ans.	**Carbohydrates**	**Fats**	**Proteins**

Components of Food

Q1.   What is obesity?

Ans.   Obesity is the condition of excess body weight due to accumulation of fat

in the body.

Q2.   Write two foods rich in

a. Fats – oil and ghee

b. Carbohydrates / starch – bread and potato

c. Proteins – egg and pulses

d. Vitamin A – papaya and carrot

e. Vitamin C – orange and lemon

f. Vitamin B1 – beef and liver

g. Vitamin D – salmon fish and egg yolks

h. Calcium – milk and yogurt

i. Iodine – sea food and iodized salt

Q3.   Classify the following food item into carbohydrates, fats and protein.
sweet potato, ground nuts, tuar dal, potato, sugarcane, nuts, gram, milk,
moong, butter, ghee, soya bean, cream, wheat, paneer, rice, bajra.

Ans.

Carbohydrates	Fats	Proteins
sweet potato	ground nuts	tuar dal
potato	nuts	gram
sugarcane	milk	moong
wheat	butter	soya bean
rice	ghee	paneer
bajra	cream	