

Name: _____ Date: _____

Components of Food

Answer the following:

1. Why do we need carbohydrates in our diet?

Ans. _____

2. Why do children need more protein in their diet?

Ans. _____

3. Dia prepared lady fingers that taste yummy. She washed the lady finger after she cut them in small pieces and then fried them in excess oil with lots of spices to make it crunchy and tasty. Was her method of cooking correct?

Ans. _____

4. What is night blindness? Write its symptoms.

Ans. _____

5. A child has stunted growth, swelling on face, discoloration of hair and skin disease. He was advised to eat protein rich diet. Name the disease child is suffering from?

Ans. _____

Components of Food

Answer the following:

1. Why do we need carbohydrates in our diet?

Ans. We need carbohydrates in our diet as it provides energy to the body.

2. Why do children need more protein in their diet?

Ans. Proteins are needed for the growth and repair of our body. So, children need more protein to support their growth and development of the body.

3. Dia prepared lady fingers that taste yummy. She washed the lady finger after she cut them in small pieces and then fried them in excess oil with lots of spices to make it crunchy and tasty. Was her method of cooking correct?

Ans. No, her method of cooking would result in loss of nutrients. She should have washed the lady fingers before cutting and should have cooked in less oil.

4. What is night blindness? Write its symptoms.

Ans. Night blindness causes difficulty in vision. The person suffering from night blindness cannot see clearly in dim lights.

5. A child has stunted growth, swelling on face, discoloration of hair and skin disease. He was advised to eat protein rich diet. Name the disease child is suffering from?

Ans. Kwashiorkor