

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Components of Food

**Answer the following:**

1. How can we cure anemia?

Ans. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. On adding 2-3 drops of dilute iodine solution in a food item, it turns blue black. What does it indicate?

Ans. \_\_\_\_\_

3. Why sunlight is important for our health?

Ans. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. Differentiate between Marasmus and Kwashiorkor.

Ans.

<b>Marasmus</b>	<b>Kwashiorkor</b>

## Components of Food

### **Answer the following:**

1. How can we cure anemia?

Ans. To treat anemia we should eat iron rich food such as red meat, beans, dark green leafy vegetables (such as spinach), raisins, apple, tomatoes, plums, bananas, lemons, grapes, figs, carrots etc.

2. On adding 2-3 drops of dilute iodine solution in a food item, it turns blue black. What does it indicate?

Ans. It indicates that it contains starch.

3. Why sunlight is important for our health?

Ans. Sunlight helps our body to make vitamin D. Vitamin D is essential for bone health so we need sunlight for good health.

4. Differentiate between Marasmus and Kwashiorkor.

Ans.

<b>Marasmus</b>	<b>Kwashiorkor</b>
1. It occurs due to deficiency of proteins, carbohydrates and fats in the diet.	It is primarily caused due to insufficient intake of proteins.
2. It occurs in children below the age of 1 year.	It occurs in children in the age group 1-5 years.
3. Body is reduced to skin and bones.	Body swells due to retention of fluids.
4. Skin colour does not change.	Skin colour changes.