

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

Components of Food

**Answer the following:**

1. A plate full of colorful food items is a healthy plate? Comment

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

2. Junk food taste good but are not healthy and nutritious food are healthy but not always taste good. Comment

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

3. Why should we drink 6-8 glasses of water every day even when water does not provide any energy?

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

4. What is the function of food in our body?

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

## Components of Food

### **Answer the following:**

1. A plate full of colorful food items is a healthy plate? Comment

Ans. A plate full of colorful items is considered healthy when it is colorful due to varieties of fruits and vegetables. Color due to synthetic colors is unhealthy and such food items should be avoided.

2. Junk food taste good but are not healthy and nutritious food are healthy but not always taste good. Comment

Ans. Our tongue craves for junk food as they taste good. But we know that junk food contains only calories and lack other important nutrients and hence they are not good for our health. Healthy food sometimes does not taste good but contain nutrients that our body needs to function well.

3. Why should we drink 6-8 glasses of water every day even when water does not provide any energy?

Ans. We should drink 6-8 glasses of water every day because

- It is important for proper digestion and absorption of nutrients.
- It also flushes out toxins and waste from our body.
- It regulates body temperature.

4. What is the function of food in our body?

Ans. Food provides essential nutrients for proper functioning of our body.