

Name: _____ Date: _____

Components of Food

Answer the following:

1. While showing experiment to the children in the laboratory, few drops of iodine fell on teacher's sari. The drops of iodine on the sari turned blue black. State the possible reason for change of color.

Ans. _____

2. Ravi did not eat vegetables but likes to eat ice-cream, pizza, biscuits, noodles and sandwich. He always complains about stomach ache and constipation. Suggest him food item that he should include in his diet to get rid of the problem.

Ans. _____

3. Write all components of food that provide nutrients required by our body.

Ans. _____

4. Write the component of food which does not provide any nutrients but are very important for proper functioning of our body.

Ans. _____

5. Why is roughage important in our diet?

Ans. _____

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1. While showing experiment to the children in the laboratory, few drops of iodine fell on teacher's sari. The drops of iodine on the sari turned blue black. State the possible reason for change of color.

Ans. A blue-black color results if starch is present. Sari might have been starched and starch always gives blue black color with iodine.

2. Ravi did not eat vegetables but likes to eat ice-cream, pizza, biscuits, noodles and sandwich. He always complains about stomach ache and constipation. Suggest him food item that he should include in his diet to get rid of the problem.

Ans. Junk food does not contain roughage. He may be suffering from stomach ache due to lack of roughage in his diet. He should take diet that includes whole grains, pulses, fruits and vegetables. Roughage helps to get rid of waste material easily and hence cure constipation.

3. Write all components of food that provide nutrients required by our body.

Ans. Carbohydrates, fats, proteins, vitamins and minerals

4. Write the component of food which does not provide any nutrients but are very important for proper functioning of our body.

Ans. Roughage and water

5. Why is roughage important in our diet?

Ans. Roughage is important because it provides bulk in our intestines and helps us to get rid of undigested waste and cleans our digestive system.