

Name: _____ Date: _____

Components of Food

Answer the following:

1. Why do nursing mothers need more protein in their diet?

Ans. _____

2. Why do we need Vitamin C in our diet?

Ans. _____

3. Our body need minerals and vitamins in very small quantities, still they are important. Why?

Ans. _____

4. What are the three types of carbohydrates?

Ans. _____

Components of Food

Answer the following:

1. Why do nursing mothers need more protein in their diet?

Ans. Nursing mother needs extra protein because the milk that is fed to the baby should be rich in protein and the mother's body needs lot of proteins to form milk.

2. Why do we need Vitamin C in our diet?

Ans. We need vitamin C in our diet because:

- i. Lack of Vitamin C may result in delay in wound healing.
- ii. It is needed for skin formation.
- iii. It improves immunity and helps us to fight against disease.
- iv. It is important for protein metabolism in the body.

3. Our body need minerals and vitamins in very small quantities, still they are important. Why?

Ans. They are important as

- i. they help body to fight against many diseases
- ii. for proper growth of the body
- iii. for maintaining good health

4. What are the three types of carbohydrates?

Ans. The three types of carbohydrates are sugar, starch and cellulose.