

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

## Food We Eat

### **Q1. Answer in one word.**

- a. Name the nutrient that helps to keep our body warm \_\_\_\_\_
- b. Which method of cooking does not destroy nutrients present in food?  
\_\_\_\_\_
- c. Which nutrient helps to fight against infection and diseases? \_\_\_\_\_
- d. Which nutrient needed more by labourer? \_\_\_\_\_
- e. Name the mineral which helps in the formation of blood. \_\_\_\_\_
- f. What is the indigestible portion of food derived from plants? \_\_\_\_\_
- g. Name one fruit rich in Vitamin C. \_\_\_\_\_

### **Q2. Fill in the blanks.**

- a. \_\_\_\_\_ and \_\_\_\_\_ provide energy for the body.
- b. Boiling controls the \_\_\_\_\_ of germs in food.
- c. Cooked foods are soft and \_\_\_\_\_ to digest.
- d. A diet that has proper proportions of all nutrients necessary to keep good health is called \_\_\_\_\_.
- e. Flies carry \_\_\_\_\_ on their body and cause diseases like diarrhea, typhoid etc.
- f. Germs grow quickly when there is \_\_\_\_\_ and \_\_\_\_\_.

### **Q3. True or False.**

- a. Different food item contain same amount of nutrients. \_\_\_\_\_
- b. Vitamin C is found in milk. \_\_\_\_\_
- c. Calcium maintains healthy bones and teeth. \_\_\_\_\_
- d. We should eat fresh cut fruit and fresh cooked food only. \_\_\_\_\_
- e. Dehydration means drying by heating. \_\_\_\_\_
- f. Adding excess sugar to food items also stop germs growth. \_\_\_\_\_