

Lesson at a Glance

- **Food:** The edible substances which we eat to obtain energy, materials required for growth and development of the body and to repair worn out tissues are called *food*.
- **Diet:** The amount of food taken by an individual at a time is called *diet* of that individual.
- **Nutrients:** Our food consists of some ingredients. These ingredients contain some components that are needed by our body. These components are called *nutrients*.
- **Balanced Diet:** A diet which provides adequate amount of carbohydrates, fats, proteins, vitamins and minerals along with roughage and water to maintain a healthy body is known as *balanced diet*.
- **Beri-Beri:** Deficiency of Vitamin B1 causes a disease known as *beri-beri*.
- **Carbohydrate:** The food which provides us energy to do work is called *carbohydrate*, e.g. sugar [energy-giving food].
- **Nutrition:** This is the process of taking in food containing the nutrients that provide energy and help in growth and development of the body and also repair worn out tissues.
- **Energy:** It is the strength and vitality required to remain active and to do work.
- **Fats:** The energy-providing substances in the food are called *fats*. They are the richest source of energy. Fats produce more energy than carbohydrates, e.g. ghee, oil [energy-giving food].
- **Proteins:** The food items which are needed for the growth and repair of our body are called *proteins*, e.g. egg, milk, pea, meat etc. [body building food].
- **Vitamins:** The substances which are required in very small quantities by our body to keep eyes, bones, teeth and gums healthy are called *vitamins*. They do not provide energy [protective food].

- **Minerals:** The substances which are required in very small quantities and protect our body are called *minerals*. They do not provide energy [protective food].
- **Roughage:** The fibrous substances in our food are called *roughage*. They do not provide any nutrient to our body. They add bulk to our body and help our body get rid of undigested food.
- **Deficiency:** When a person eats a particular diet for a long time that does not contain a particular nutrient, the person may suffer from its *deficiency*.
- **Deficiency Diseases:** Diseases that occur due to lack of carbohydrates, proteins, vitamins and minerals in the diet over a long period are called *deficiency diseases*.
- **Scurvy:** Deficiency of Vitamin C causes a disease called *scurvy*. The symptom of this disease is bleeding gums.

■ TEXTBOOK QUESTIONS SOLVED ■

Q.1. Name the major nutrients in our food.

Ans. The major nutrients in our food are carbohydrates, proteins, fats, vitamins and minerals.

The table below shows the nutrients present in some food items:

Table

Food Item	Starch Present	Protein Present	Fat Present
Raw potato	Yes	—	—
Milk	—	Yes	Yes
Groundnut	—	Yes	Yes
Uncooked dry rice	Yes	—	—
Cooked rice	Yes	—	—
Dry coconut	—	—	Yes
Uncooked tuar dal (powdered)	—	Yes	—
Cooked dal	—	Yes	—
A slice of any vegetable	—	—	—
A slice of any fruit	—	—	—
Boiled egg white	—	Yes	—

Q.2. Name the following:

- The nutrients which mainly give energy to our body.
- The nutrients that are needed for the growth and maintenance of our body.
- A vitamin required for maintaining good eyesight.
- A mineral that is required for keeping our bones healthy.

Ans. (a) Carbohydrates (b) Proteins
(c) Vitamin A (d) Calcium

Q.3. Name two foods each rich in:

- Fats
- Starch
- Dietary fibre
- Protein

Ans. (a) Ghee, butter, (b) Raw potato, rice, (c) Spinach, cabbage, carrot, ladies finger, (any two) (d) Milk, egg, fish, meat, pulses (any two).

Q.4. Tick (✓) the statements that are correct, cross (×) those which are incorrect.

- By eating rice alone, we can fulfil nutritional requirement of our body.
- Deficiency diseases can be prevented by eating a balanced diet.
- Balanced diet for the body should contain a variety of food items.
- Meat alone is sufficient to provide all nutrients to the body.

Ans. (a) × (b) ✓ (c) ✓ (d) ×

Q.5. Fill in the blanks:

- _____ is caused by deficiency of Vitamin D.
- Deficiency of _____ causes a disease known as beri-beri.
- Deficiency of Vitamin C causes a disease known as _____.
- Night blindness is caused due to deficiency of _____ in our food.

Ans. (a) Rickets (b) Vitamin B1
(c) scurvy (d) Vitamin A