

Lesson # 5 Eat Right Feel Right

A. Fill in the blanks.

1. We need air, water and _____ to survive
2. Deficiency of _____ leads to goitre.
3. Our body gets its shape and form with _____ foods.
4. Body builders use _____ to build muscles rapidly.
5. Oil and ghee are the example of _____ food.
6. Carbohydrates are classified into _____ and _____.
7. _____ is the indigestible compound that the body cannot absorb.
8. Excess fats get deposited in the body and results in _____.
9. _____ is a condition in which thyroid gland works inefficiently.
10. _____ is a substance that can prevent or delay cell damage and enhance health.

B. Choose the correct option.

1. Vitamins and minerals are _____ nutrients.
a) body-building b) energy-giving c) protective
2. Our body is made up of 70% _____.
a) fats b) fibre c) water
3. This is an energy-giving food.
a) Rice b) water c) salt
4. _____ is needed for healthy skin and acts as anti-oxidant.
a) Vitamin B b) Vitamin E c) Vitamin A
5. Deficiency of Vitamin D leads to _____.
a) Rickets b) Beri Beri c) Scurvy

C. Write True or False.

1. We should limit intake of aerated drinks.
2. Vitamin D is produced by the body when exposed to sunshine.
3. Fats are the primary source of energy for the body.
4. Diseases can be prevented by leading a healthy lifestyle.
5. Vitamins are needed in very large quantity for proper functioning of the body.

D. Choose the correct answer.

- a) Both A and R are true and R is the correct explanation of A.
- b) Both A and R are true but R is not the correct explanation of A.
- c) A is true but R is false.
- d) A is false but R is true.

1) Assertion (A): Ghee and Butter should be consumed in lesser quantities in our daily diet.

Reason(R): Ghee and butter are energy- giving foods.

Ans : _____

2) Assertion (A): Food is the most basic need of human body.

Reason(R): Food gives us energy, nutrients and helps in our growth and development.

Ans : _____

E. Define the following terms.

- 1. Nutrient
- 2. Deficiency disease
- 3. Balanced diet
- 4. Vitamins and minerals

F. Answer the following .

- 1. What are the benefits of healthy eating ?
- 2. Write any 3 healthy eating habits
- 3. Write a note on vitamins and their types.
- 4. What is the role of nutrients in our body?
- 5. Name 2 roughage or fibre rich food.
- 6. Name 2 carbohydrate , 2 protein and 2 fat rich food .
- 7. Name the vitamin that keeps our eyes healthy.
- 8. Name any 2 deficiency diseases.