

HOTS (Higher Order Thinking Skills)

Q.1. Rohit was very tired when he came back home after school. His mother gave him a glass of water with glucose dissolved in it. Rohit felt refreshed. Does drinking only glucose water suffice all the nutrition demands?

Ans. Glucose is the simplest form of carbohydrate and is a source of instant energy. But drinking only glucose water will not provide a balanced diet because it is only energy-giving. We also need to intake body-building and protective foods, along with roughage.

Q.2. A family eats boiled eggs, bread toast and orange juice for breakfast. Is it a nutritious and healthy breakfast? Which nutrients are they taking in?

Ans. Yes, the family is taking a healthy breakfast because it includes all the nutrients. The nutrients they are taking in are:

Eggs — Protein and fat

Bread — Starch and roughage

Orange juice — Vitamin and roughage

Q.3. Sarthak advises his mother not to sieve wheat flour before making dough. Can you state why?

Ans. This is because the husk in wheat flour is rich in carbohydrates.