Short Answer Questions

Q.1. Read the items of food listed below. Classify them into carbohydrate rich, protein rich and fat rich foods.

Moong dal, fish, mustard oil, sweet potato, milk, rice, egg, beans, butter, buttermilk (chhachh), cottage cheese (paneer), peas, maize, white bread

Ans.

Carbohydrate Rich FoodItem (A)	Protein Rich FoodItem (B)	Fat Rich FoodItem (C)
Sweet potato	Moong dal	Mustard Oil
Rice	Fish	Milk
Maize	Milk	Egg
White bread	Egg, Beans, Buttermilk, Cottage cheese, Peas	Butter

Q.2. Tasty food is not always nutritious and nutritious food may not always be tasty to eat. Comment with examples.

Ans. Potato chips are tasty but they are not very nutritious. Boiled vegetables are nutritious but they are not very tasty.

Q.3. While using iodine in the laboratory, some drops of iodine fell on Paheli's socks and some fell on her teacher's saree. The drops of iodine on the saree turned blue–black while their colour did not change on the socks. What can be the possible reason?

Ans. The saree of Paheli's teacher might have been starched, and starch turns blue–black with iodine solution. Paheli's socks did not have starch on it therefore it did not show any change.

Q.4. Paheli and Boojho peeled some potatoes and cut them into small pieces. They washed and boiled them in water. They threw away the excess water and fried them in oil adding salt and spices. Although the potato dish tasted very good, its nutrient value was less. Suggest a method of cooking potatoes that will not lower the nutrients in them.

Ans. Wash, peel, cut and cook the potatoes. Cooking in a small amount of water and then frying in a small quantity of oil preserves the nutrients.

Q.5. Paheli avoids eating vegetables but likes to eat biscuits, noodles and white bread. She frequently complains of stomach ache and constipation. What are the food items that she should include in her diet to get rid of the problem? Give

reason for your answer.

[NCERT Exemplar]

Ans. Paheli must include whole grains, whole pulses, fresh fruits and vegetables in her diet as she seems to lack roughage.

Q.6. Answer the following questions.

(i) List all those components of food that provide nutrients.

Ans. Components of food that provide nutrients are carbohydrates, proteins, fats, vitamins and minerals.

(ii) Mention two components of food that do not provide nutrients. [NCERT Exemplar]

Ans. Components of food that do not provide nutrients are water and roughage/dietary fibres.

Q.7. 'Minerals and vitamins are needed in very small quantities by our body as compared to other components, yet, they are an important part of a balanced diet.' Explain the statement.

Ans. Vitamins and minerals are very important because they help in

  i.   protecting our body against diseases.
  ii. growth of our body.
  iii. maintaining good health.

Q.8. 'Water does not provide nutrients, yet it is an important component of food.' Explain. [NCERT Exemplar]

Ans. Water helps our body to absorb nutrients from food and also helps in removing wastes in the form of urine and sweat.

Q.9. What is a balanced diet?

Ans. A balanced diet is the diet which contains all the nutrients our body requires and that too in required quantities. In other words, it is a diet which contains a proper amount of each nutrient.

Q.10. Is a balanced diet an expensive diet? Give reasons to support your answer.

Ans. No. Pulses, groundnut, soyabean, sprouted seeds (moong), spinach, banana, sattu, jaggery, a combination of flours (missi roti, thepla made from cereals and pulses), available vegetables and other such foods provide many nutrients. Therefore, onecan eat a balanced diet without expensive food materials.

Q.11. Why are you advised to eat a variety of foods?

Ans. Different nutrients are present in different foods. To get a balanced diet, a variety of foods is required.

Q.12. Define obesity.

Ans. It is a condition which arises due to eating too much food rich in fats than required.

Q.13. What is the importance of roughage in our food?

Ans. Roughage is a dietry fibre and helps the body to get rid of undigested food.

Q.14. Give any two reason why one should net eat junk food.

Ans. Junk food make the person obese and may loss of appetite.