

Chapter 2

MULTIPLE CHOICE QUESTIONS

1. d 2. d 3. b 4. c
5. c 6. b

VERY SHORT ANSWER QUESTIONS

7. (a) protein (b) minerals (c) vitamins
(d) carbohydrate (e) nutrients (f) fat
8. Water

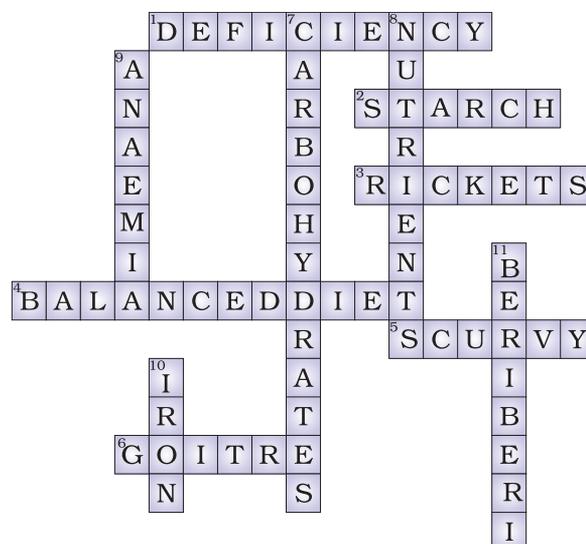
SHORT ANSWER QUESTIONS

9. (a) fat, protein; (b) balanced diet; (c) obesity; (d) roughage;
(e) Vitamin C
10. A- sweet potato, rice, maize, white bread.
B- moong dal, fish, milk, egg, beans, butter milk, cottage cheese,
peas.
C- mustard oil, milk, egg, butter.
11. Potato chips are tasty but they are not very nutritious.
Boiled vegetables are very nutritious but they may not be tasty.
12. 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 thereby showing no change.
13. Wash, peel, cut and cook the potatoes. Cooking in a small amount of water and then frying in a small quantity of oil conserves the nutrients.

14. Paheli must include whole grains, whole pulses, fresh fruits and vegetables in her diet as she seems to lack roughage.
15. (a) Components of food that provide nutrients are carbohydrates, proteins, fats, vitamins and minerals.
(b) Components of food that do not provide nutrients are water and roughage/dietary fibres.
16. Vitamins and minerals are very important because they help in
(a) protecting our body against diseases.
(b) growth.
(c) maintaining good health.
17. Water helps our body to absorb nutrients from food and also helps in removing wastes such as urine and sweat.

LONG ANSWER QUESTIONS

18. (a) Night blindness (b) Vitamin A
(c) Carrot, papaya, mango, milk and fish oil or any other (any four)
- 19.



20. (a) Chapati
(b) Calcium; Vitamin D
(c) Butter
(d) Protein; Calcium
(e) Papaya
(f) Iron
(g) Peas; Proteins
21. A snakes and ladders board-game prepared by children.