

Constitutes of Diet

(English Medium)

Exercise 9:

Solution 1(a):

S.No.	Name of the eatable substance	Colour change due to iodine solution
1	Potato	Blue-black
2	Corn	Purple
3	Cooked rice	Blue-black
4	Bread	Blue
5	Cooked pasta	Blue-black
6	Baking powder	Blue

Exercise 11:

Solution 1(a):

Names of seeds which leave oil marks on paper after rubbing them on paper.	Names of seeds which do not leave oil marks on paper after rubbing them on paper.
Groundnut seeds	Green gram (moong) seeds
Castor seeds	Sesame (Til) seeds

	Fennel seeds
	Rice

Exercise 12:

Solution 1(a):

Seeds show colour change (change to purple colour)	Seeds do not show colour change(do not change into purple colour)
Field bean seeds	Field bean seeds
Pea seeds	Gram seeds
Pearl millet seeds	Green gram
Maize seeds	Wheat seeds
	Jowar seeds
	Seeds of lady finger

Exercise 13:

Solution 1(a):

Fruits	Vegetables
Apple	Cauliflower
Guava	Cabbage
Grapes	Turnip
Pomegranate	Lady's finger
Orange	Bottle gourd
Pear	Carrot
Banana	Capsicum
Pineapple	Spinach
Custard apple	Brinjal
Jackfruit	Radish

Exercise 16:

Solution 1(a):

1. Water helps in maintaining the balance of body fluids.
2. Water helps control our body diet.
3. It also helps in proper digestion.
4. Water helps skin look good.
5. Water helps maintain normal bowel function.

Solution 1(b):

1. Dehydration occurs without proper intake of water.
2. Without water, proper digestion cannot take place.
3. There will not be proper metabolism of the body without water.

Solution 1(c):

Breakfast	Lunch	Dinner
Slice of bread	Rice	Chapati/Roti/Rice
Fruits	Dal	Vegetable curry
Boiled egg	Vegetable curry/ Fish/ Meat curry	Milk
Milk	Salads (Cucumber, Tomatoes, Carrot)	

Exercise 17:**Solution 1(a):**

Yes, the above mentioned food items consist of a balanced diet. A balanced diet contains all the classes of food in adequate proportions which supply the required energy for the body and maintain proper growth and functioning of the body.

The food included contains carbohydrates, fats, minerals and vitamins.