

Name: _____ Date: _____

Science: Food and Health

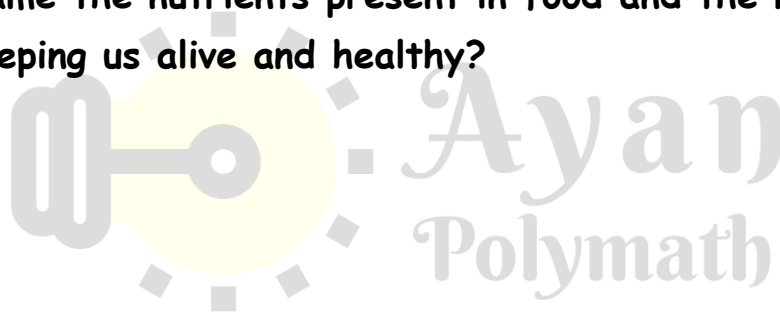
Question and Answer: (Part 5)

(15 × 2 = 30)

1. What are Nutrients?

2. Name the nutrients present in food and the roles they play in keeping us alive and healthy?

3. What is Malnutrition?



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4. What is the reason for Over Nutrition?

5. What is the reason for Under Nutrition?

6. How is exercise useful for our body?

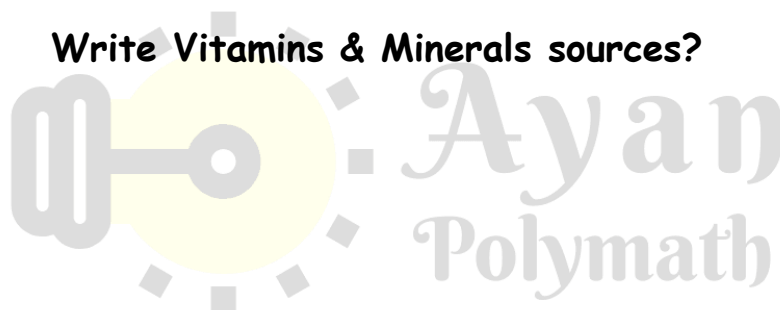
7. Write Carbohydrates sources?

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8. Write Proteins sources?

9. Write Fats sources?

10. Write Vitamins & Minerals sources?



11. Write important Vitamins?

12. Write important Minerals?

Name: _____ Date: _____

13. Write Fiber or Roughage sources?

14. Describe about Obesity?

15. Describe about Deficiency Disease?



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Answer: (Part 5)

1. What are Nutrients?

Nutrients are chemical substances that are essential for the healthy growth and development of the body.

2. Name the nutrients present in food and the roles they play in keeping us alive and healthy?

The nutrients present in different foods are carbohydrates, fats, proteins, vitamins and minerals. Our body needs all these nutrients, along with roughage and water, to remain healthy.

3. What is Malnutrition?

Malnutrition is a condition in which the body does not get the right amount of nutrients.

4. What is the reason for Over Nutrition?

A person who eats too much food or food with excess nutrients may suffer from Over nutrients.

5. What is the reason for Under Nutrition?

A person who does not get enough nutrients in food suffers from Under nutrition.

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6. How is exercise useful for our body?

We must exercise regularly, maintain a correct posture and get enough rest to stay healthy. These habits, along with nutritious food, help us have a strong, healthy body.

7. Write Carbohydrates sources?

The Carbohydrates sources are Rice, Wheat, Maize, Potatoes, Bread, Sugar, etc.

8. Write Proteins sources?

The Proteins sources are Pulses, Soya beans, Milk, Cheese, Meat, Fish, Eggs, etc.

9. Write Fats sources?

The fats sources are Butter, Ghee, Vegetables oils, Nuts, Meat, Fish, Eggs, etc.

10. Write Vitamins & Minerals sources?

The Vitamins and Minerals sources are Vegetables, Fruits, Milk, Eggs, Sea foods, etc.

11. Write important Vitamins?

The Important Vitamins are Vitamin A, B, C, D, E and K.

12. Write important Minerals?

The Important Minerals are Iron, Calcium and Iodine.

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13. Write Fiber or Roughage sources?

The Fiber and Roughage sources are Vegetables & Fruits, Whole grain breads & Cereals, Almond, Beans, etc.

14. Describe about Obesity?

The condition of being overweight due to extra fat in the body is called Obesity.

15. Describe about Deficiency Disease?

A disease caused due to the lack of one or more nutrients in the body is called a Deficiency Disease.



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