

Chapter -1
Food: Our Basic Need

New words –

1. nutrients	7. minerals
2. carbohydrates	8. disease
3. muscles	9. legumes
4. protein	10. protective
5. adults	11. roughage
6. vitamins	12. balanced diet

Define the following –

1. **Roughage or dietary fibre-** The part of the plant food that helps to remove waste materials from our body is called dietary fibre or roughage.
2. **Legumes-** Any plant that has seeds and long pods are called as legumes.
3. **Labourer –** A person who does hard physical work is known as labourer.

Q III) Answer the following questions –

Q1) What are nutrients? Name any five main nutrients needed by our body.

Ans. Substances that are needed by our body for energy, good health and proper growth are called nutrients.

Five main nutrients needed by our body are- carbohydrates, fats, protein, vitamins, minerals, roughage and water.

Q2) What are body-building foods? Why does our body need them?

Ans. Food items rich in proteins are called body- building foods. They are needed for the growth and repair of our body and also for building muscles.

Q3) What is balanced -diet?

Ans. A diet that has all the nutrients in the right amount, dietary fibre and water is called a balanced- diet.

Q4) Why do we need to preserve food? Name any five ways of preserving food.

Ans. We need to preserve food to keep them for a long period of time and to keep them away from being spoilt.

There are many ways of preserving food. Such as drying, pickling, refrigerating, deep freezing, canning and bottling etc.

Q5 Why is it important to maintain correct posture?

Ans. It is important to maintain good posture because incorrect posture, over a period of long period of time, can lead to pain in joints and muscles.

Q6) Why should we exercise our body?

Ans. We should exercise daily to stay healthy and to keep us fit.

Let's Apply (HOTS QUESTIONS)

Q1) Sameena is an editor and Puneet is a swimmer in the Indian team. Which of them should eat more paneer, legumes, eggs, and meat? Why?

Ans. Puneet should eat more paneer, legumes, eggs, and meat because he is a swimmer and needs more protein for strength, energy, and muscle growth.

Q2) Samarth's doctor has told his mother that Samarth is underweight. Which of the two foods should he eat? More rice and sugar or more eggs? Why?

Ans. Samarth should eat more eggs because it con proteins that help to build up his body and to put on his weight



LET'S UNDERSTAND



I. Objective type questions

A. Fill in the blanks with the correct words.

1. We need food to _____ (grow/~~grow~~ and stay healthy and strong).
2. Nutrients (Nutrients/Vitamins) give us energy to do work.
3. Young children need more protein-rich (carbohydrate-rich/protein-rich) food than adults because they are still growing.
4. Vitamin A (Vitamin C / Vitamin A) improves eyesight and keeps our skin healthy.
5. Iron (Iron/Calcium) helps in the formation of blood.
6. Our body needs water (fats/water) for all its functions.
7. Posture (Posture/Yoga) refers to body position.

B. Choose the correct option.

1. Nutrients help us in _____
 - a. giving energy to do work
 - b. repairing our body.
 - c. Preventing us from falling ill.
 - d. All of these
2. Which of these do young children need more than adults?
 - a. Carbohydrates
 - b. Proteins
 - c. Fats
 - d. Roughage
3. Which of these contain more energy than carbohydrates?
 - a. Fats
 - b. Proteins
 - c. Vitamins and minerals
 - d. Roughage
4. Which of these vitamins help in improving the eye sight?
 - a. Vitamin A
 - b. Vitamin B
 - c. Vitamin C
 - d. Vitamin D
5. Which of these would help in the formation of blood?
 - a. Calcium-rich foods
 - b. Iron-rich foods
 - c. Foods rich in Vitamin C
 - d. None of these
6. Which of these would be needed for stronger teeth and bones?
 - a. Sodium
 - b. Magnesium
 - c. Calcium
 - d. Iron
7. Which of these would you use to preserve grapes as raisins?
 - a. Drying
 - b. Refrigerating
 - c. Canning
 - d. Pickling
8. Which of these can be preserved by pickling?
 - a. Mango
 - b. Lime
 - c. Vegetables
 - d. All of these

II. Very short answer type questions

A. Give one word for the following.

1. Substances needed by our body for good health and growth
2. Food items rich in carbohydrates
3. Food items rich in proteins
4. Food items that protect us from diseases
5. The part of the plant food that cannot be digested
6. A mineral that helps in the formation of bones and teeth
7. A diet that has all the nutrients in the right amount

Nutrients
Energy-giving foods
body-building foods
protective foods
Roughage/dietary fibre
Calcium
Balanced-diet

B. Give two examples for each of the following.

1. Foods rich in calcium milk curd
2. Foods rich in iron dry fruits green leafy vegetables
3. Foods rich in dietary fibre cereals corn
4. Foods preserved by pickling lime mango
5. Foods preserved by canning and bottling sauce jam

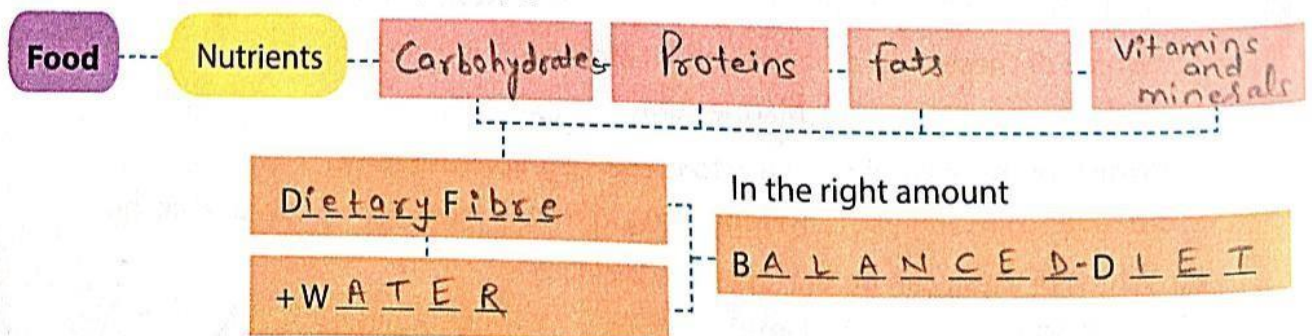
III. Answer the following questions.

1. What are nutrients? Name the five main nutrients needed by our body.
2. What are body-building foods? Why does our body need them?
3. What is a balanced diet?
4. Why do we need to preserve food? Name any five ways of preserving food.
5. Why is it important to maintain correct posture?
6. Why should we exercise our body?

LET'S RECALL:



Recall and complete the concept map given below.



LET'S OBSERVE



1. Look at the picture and draw the same in the empty grid. Name it and complete the sentence.



It is a rich source of carbohydrate.

BREAD

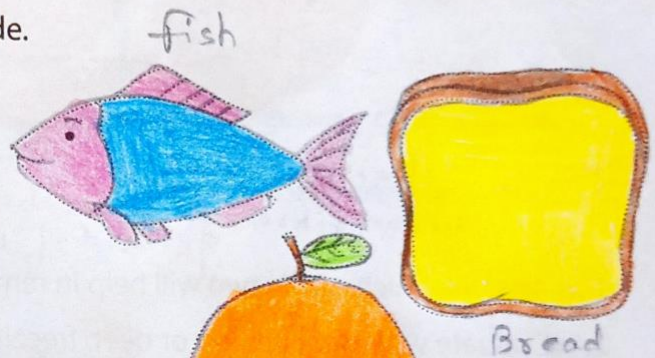
2. Name the three foodstuffs shown alongside. Name the main nutrient in each.

1. fish - Protein

2. Orange - Vitamin c

3. Bread - Carbohydrates

Colour the energy-giving food in yellow.



LET'S CONNECT



Weights and Measures

We use grams (g) and kilograms (kg) to measure mass.

We use litres (L) and kilolitres (kL) to measure liquids.

Write kg or L to show what you would use to measure the following:

1. Rice kg

2. Milk L

3. Apples kg

4. Spinach kg

5. Oil L

6. Orange juice L

7. Oranges kg

LET'S APPLY



1. Sameena is an editor of a magazine and Puneet is a swimmer in the Indian team. Which of them should eat more paneer, legumes, eggs, and meat? Why? **LO 3**
2. Samarth's doctor has told his mother that Samarth is underweight. Which of the two foods should he eat? More rice and sugar or more eggs? Why?

LET'S ANALYSE AND EVALUATE

(T. Book)



Ans: (1) Because orange contains dietary fibre that helps to get rid of waste from our body.

1. Analyse which of the two will help in removing wastes from our body.
2. Evaluate whether canning or deep freezing is a better option to store milk for a long time.

Give one reason to support your choice.

(Worksheet)



LO 1

LET'S CREATE



1. Make a list of different foodstuffs you eat during a particular day and then analyse each of them for their nutrients. See if you are eating a balanced diet or not. Make a report.
2. In groups of five, make a chart on the different ways in which we preserve food. Collect pictures of different foods that are preserved.

LO 16

LO 03