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LESSON-1. Food we eat

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|------------------|-----------------|-------------------|
| 1. warmth | 8. minerals | 15. microbes |
| 2. lemonade | 9. potassium | 16. bacteria |
| 3. nutrients | 10. calcium | 17. viruses |
| 4. carbohydrates | 11. sodium | 18. protozoa |
| 5. proteins | 12. roughage | 19. fungi |
| 6. protective | 13. diseases | 20. yeast |
| 7. vitamins | 14. microscopic | 21. preservatives |

Q2. Pre - Activity:

1. List the healthy food that should be eaten to keep ourselves healthy.

Ans: Nuts, fruits, vegetables, milk,

Q3. Name the following:

1. Name two energy-giving foods.

Ans: Wheat and Potatoes

2. Name two body-building foods.

Ans: Pulses and Eggs

3. Name two nutrients that keep the body warm.

Ans: Fats – Almonds and Cashew Nuts.

4. Name two methods of food preservation.

Ans: Drying and Canning

5. Name two microbes.

Ans: Bacteria and Fungi

Q4. Short Answer Questions:

1. What are nutrients?

Ans: Nutrients are special substances that our organ systems need to work properly. We get nutrients from food.

2. Why is it important to eat food everyday?

Ans: Our body gets nutrients from the food we eat. These nutrients help our body to grow and keep it healthy and fit. They also enable our body to repair damaged cells and tissues.

3. Why do we cook food? Name any two advantages of cooking food.

Ans: Some food items cannot be eaten raw. They must be cooked before are eaten. Rice and potatoes are boiled. Idlis are steamed. Puris are fried. Potatoes, brinjals and meat are sometimes roasted. Boiling, steaming, frying, roasting are all methods of cooking. Cooking makes

food soft, tasty and easy to digest. It also kills the germs present in or on the food.

4. Why is roughage important?

Ans: Roughage (fibre) is very essential for our body. Roughage is needed by the body to get rid of unwanted food. Roughage is present in fruits and leafy vegetables like spinach.

5. Why should we drink 8-10 glasses of water in a day?

Ans: Water is needed by the body to absorb nutrients from the food. Without sufficient water, our body will have trouble performing its functions properly. Some water is lost from the body every day. To replenish that water, one must drink 8–10 glasses of water in a day.

6. How can microbes be useful to us?

Ans: There are some useful microbes too. For example, there are some types of bacteria which convert milk to curd or sugar to alcohol. Yeast is a type of fungus which is useful for preparing bread and cake. Some bacteria help to decay plant and vegetable matter. Some help to

produce vitamins in man and others help to digest food in animals.

Q6. Long answer questions:

1. What is a balanced diet? What does a balanced diet consist of?

Ans: The food we eat everyday is called our diet. When a person's diet contains all the nutrients required by the body in the right quantities, it is called a balanced diet. A balanced diet makes us strong and healthy. A balanced diet consists of:

1. enough minerals to make us strong.

2. enough proteins so that the body can grow and heal well.

3. enough water and roughage.

4. enough carbohydrates and fats to give us energy to work and play.
5. enough vitamins to protect us from diseases.

2. Why do we preserve food? Describe any three methods of preservation.

Ans: In order to store food properly for a long time, it needs to be preserved. This is called food preservation. There are different ways in which food can be preserved and protected from germs.

1. Canning and Bottling: We buy jams and certain juices in cans. They are tightly packed and sealed in cans after the germs and moisture are removed from them.

2. Refrigerating and Freezing: Some foods can be preserved for days and even weeks, if stored in a refrigerator. The temperature within the refrigerator is low. This does not allow the germs to grow fast.

3. Drying: This method is also called dehydration. Some food items are dehydrated or dried. This is to get rid of the water content present in them that might spoil the food. Red chillies are dried before use. Tomatoes are sometimes sun-dried for preservation.

3. Why does our body need vitamins and minerals? Name any two minerals needed by our body.

Ans: Vitamins are needed so that the body can fight diseases. Minerals are needed for the formation and repair of teeth and bones. They are also needed to form blood cells. Potassium and calcium are some examples of minerals. Minerals and vitamins help us to grow, protect and repair important parts of the body. Therefore, they are known as protective food.

4. Name the four different types of microbes and the diseases caused by each one of them.

Ans: Four different kinds of microbes are:

1. Bacteria: There are different kinds of bacteria. Some are useful bacteria and some are harmful bacteria. Harmful bacteria can cause diseases like pneumonia and tuberculosis.

2. Viruses: A virus is a harmful microbe. It is much smaller than bacteria. It can be seen with the help of special and powerful microscopes. Viruses can cause diseases like chickenpox, flu, polio, dengue and common cold.

3. Protozoa: These microbes have only one cell and are hence called unicellular organisms. They grow on spoilt or decaying substances. Protozoa cause diseases like malaria and dysentery.

4. Fungi: Some microbes like fungi only grow on decaying matter. If we consume fungi or come in contact with them, we may have to suffer from a disease called ringworm.

5. List any four things that we must take care of while cooking food.

Ans: Here are some things to remember while cooking food:

1. Wash fruits and vegetables before cutting them. Washing them after they are cut washes away all the essential nutrients.

2. Use the water in which you soak pulses to cook them. Do not throw it away as it contains vitamins from the pulses.

3. Do not overcook the food as this might destroy the nutrients present.
4. Do not use excess water to boil food. This way, you will not have to throw away the excess.

6. Write a short note on energy-giving nutrients.

Ans: Carbohydrates provide energy to the body. People who need to do a lot of physical work during the day need to have a carbohydrate-rich diet. Sugar and starch are two types of carbohydrates. Starch is present in rice, wheat and potatoes. Rice, wheat and bread are rich sources of carbohydrates. Fats too give us energy and keep our body warm. Our body stores any extra fat that it receives for future use. If the body does not get enough energy, it gains it from this stored fat. Butter and oil contain lots of fat. Almonds, cashew nuts and groundnuts are other sources of fats.

Q8. HOTS:

1. Out of the two options- preserved fruits and packaged juice or fresh seasonal fruits, which is healthier? Give 3 reasons to support your answer.

Ans: Fresh seasonal fruits are healthier because they are in their natural form and have all the nutrients present in them.

2. Why are we always asked to avoid too much of fried food?

Ans: Fried food contains a lot of fat; fat must be consumed in small quantities.

3. Why is it said that children need to have more milk than adults in their diets?

Ans: Children need more milk as they need body-building foods to grow.

Q7. Post Activity:

Draw the different kinds of microbes and name them.

Subject Teacher

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Co-ordinator

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