

Mindful Eating — A Path to Healthy Body

ORAL QUESTIONS

A. Answer these questions orally.

1. What are proteins made up of ?
2. Which vitamin helps in blood clotting?
3. Name the mineral which is essential for formation of haemoglobin.
4. Name the vitamin which is prepared by our body in the presence of sunlight.
5. What are protective foods rich in?
6. Fats help to build and repair tissues. True or False?
7. Potatoes are rich in starch. True or False?
8. Iodised common salt is a good source of fluorine. True or False?
9. Which of these is the odd-one-out? Rickets, Scurvy, Anaemia, Beri-beri, Diabetes
10. What is the condition caused due to excessive loss of water from the body called?

B. Correct the following statements.

1. Liver cells convert excess of glucose into starch.

2. Excess intake of sugar and starchy food may lead to rickets.

3. Lemons are a good source of vitamin A.

4. Our body never shows protein deficiency.

5. The solid undigested waste that is passed out of the body is called rehydration.

PUZZLE/QUIZ

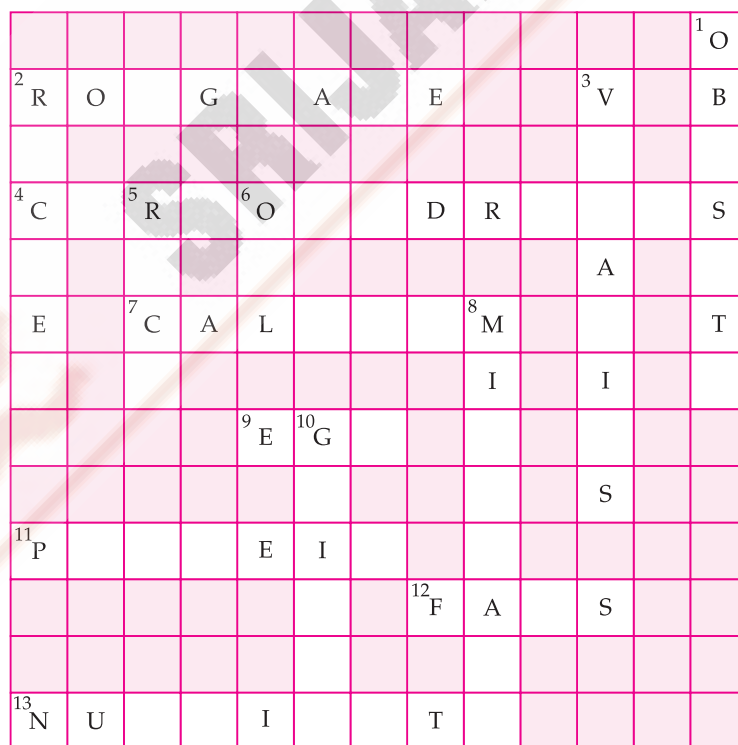
C. Solve the crossword puzzle with the help of the clues given.

ACROSS

2. Also known as dietary fibres (8)
4. This nutrient mainly provides energy to our body (13)
7. A mineral required for healthy bones and teeth (7)
9. A rich source of protein (3)
11. A nutrient needed for the growth and repair of our body (7)
12. A nutrient that shows an oily patch when tested on a paper (4)
13. Important components present in our food (9)

DOWN

1. A condition caused due to eating too much of fat rich foods (7)
2. A disease caused due to lack of vitamin D (7)
3. Nutrients which help in protecting our body (8)
5. A food rich in carbohydrates (4)
6. A rich source of fats (3)
8. A nutrient needed by our body in traces (8)
10. A disease caused due to the deficiency of iodine in our diet (6)



CLASS TEST

D. MCQ–Tick (✓) the correct option.

1. This vitamin helps in the normal growth of bones in children.
(a) Vitamin E ☐ (b) Vitamin K ☐
(c) Vitamin D ☐ (d) Vitamin B₁ ☐
2. Pulses, soyabean and fish are rich sources of
(a) Carbohydrates ☐ (b) Proteins ☐
(c) Minerals ☐ (d) Vitamins ☐
3. Deposition of fats in the body leads to
(a) Obesity ☐ (b) Goitre ☐
(c) Scurvy ☐ (d) Night blindness ☐
4. A child shows stunted growth, has a large pot-like belly and has a swollen face. He is probably suffering from
(a) Marasmus ☐ (b) Kwashiorkar ☐
(c) Diabetes ☐ (d) Anaemia ☐
5. Roughage helps in
(a) Retention of water ☐ (b) Easy digestion of food ☐
(c) Regular bowel movement ☐ (d) All the above ☐
6. The sugar found in milk is
(a) Sucrose ☐ (b) Fructose ☐
(c) Glucose ☐ (d) Lactose ☐
7. Which of these gets deposited on the walls of our blood vessels if we take excess of animal fats?
(a) Roughage ☐ (b) Cellulose ☐
(c) Cholesterol ☐ (d) Vitamins ☐

E. Very short answer questions.

1. Some nutrients, which though important for health, are needed in small quantities. Name any two.

2. Name any two sources of complex carbohydrates.

3. Which two minerals help to maintain water balance in our body?

4. Which three nutrients make up the bulk of our food?

5. Why should vegetables not be overcooked?

6. What are essential amino acids?

F. Short answer questions.

1. Distinguish between the following.

(a) Saturated fats and Unsaturated fats

SATURATED FATS	UNSATURATED FATS

(b) Water soluble vitamins and Fat soluble vitamins

WATER SOLUBLE VITAMINS	FAT SOLUBLE VITAMINS

2. What would happen if you eat energy giving food in excess?

3. Give the symptoms of the deficiency disease caused due to the deficiency of iron.

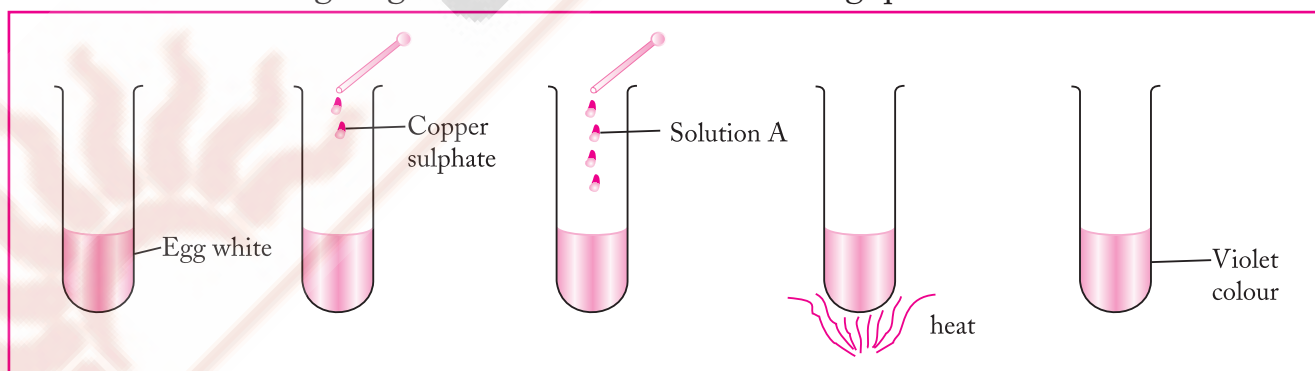
4. How can we make up the loss of water and minerals from our body?

5. What does balanced diet provide us?

G. Long answer questions.

1. Name any three minerals. Also give the importance of each mineral in our body, deficiency symptoms and the sources from which they are obtained.

2. Look at the following diagrams and answer the following questions.



(a) Which nutrient is being tested in the diagrams shown above?

(b) What could solution A be?

(c) What is the function of this nutrient in our body?

(d) What are the sources to get this nutrient in our diet?

(e) Name four food items rich in this nutrient.

(f) What is the daily requirement of this nutrient in our diet?

(g) What happens if a child lacks this nutrient in his diet?

(h) This nutrient is also the main component of various structures in our body. Can you name any three of them?

(i) Write the steps involved in testing the presence of this nutrient in your own words.

HOME ASSIGNMENT

H. Think and Answer.

1. Amit suffered from acute dehydration due to vomitings and loose motions. His mother gave him rehydration solution. Why?

2. Shilpa looks pale and tires very quickly. She has also lost lot of weight. Which disease is she suffering from? What changes would you suggest her to bring in her daily diet?

WORKSHEET

I. Give reasons for the following.

1. Fats are called energy-stores of our body.

2. Obese people are more prone to heart attack.

3. Balanced diet varies from person to person.

