

Spellings

1. Delicious
2. Nutrients
3. Proteins
4. Carbohydrates
5. Protective
6. Balanced
7. Extracting
8. Edible
9. Vegetarians
10. Steaming

Key Terms

1. Nutrients: Substances present in food that nourish and protect our body.
2. Boiling: Cooking food in sufficient water.
3. Steaming: cooking food in steam.
4. Frying: cooking food in hot oil and ghee.
5. Baking: cooking food in an oven.

Fill in the blanks:

1. Fruits and vegetables are known as protective food.
2. People
2. Meat and pulses are sources of proteins.
3. People who do not eat meat are called vegetarians.
4. Balanced diet is one that consists all the nutrients in the right quantity.
5. Overeating can make you uncomfortable.

Ques. / Ans.

Q.1. Name the five main nutrients and two sources of food for each.

Ans. The five main nutrients and two sources of food for each one are -

Date:
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Nutrients

Food

1.	Proteins	-	Eggs, meat
2.	Carbohydrates	-	Rice, wheat
3.	Fats	-	Butter, oil
4.	Vitamins	-	Fruits and green leafy vegetables
5.	Minerals	-	Milk, cereals

Q. 2. Name various food items that we obtain from animals and their sources.

Ans. The various food items that we obtain from animals and their sources are-

	<u>Food items</u>	<u>Sources</u>
(i)	Milk	Cow, buffalo, goat and camel
(ii)	Meat	Goat, hen, sheep
(iii)	Eggs	Hens, ducks
(iv)	Honey	Honeybees

Q. 3. Name any four different types of stoves as well as the fuels used in them.

Ans.	Stoves	Fuels
(i)	Chullah	wood or Cow dung cake
(ii)	Angithi	Coal
(iii)	Kerosene stove	Kerosene
(iv)	LPG stove	Liquefied Petroleum Gas
(v)	Solar cooker	Solar energy
(vi)	Microwave oven and hotplate	Electricity

Q.4. Why are proteins called body-building food?
Ans. Proteins are called body-building food as it helps our body to grow.

Q.5. What is steaming?
Ans. Steaming means cooking food in steam. It helps to preserve most of the nutrients present in the food items.

Extra Ques./Ans.

Q.1. Who is a vegan?
Ans. A vegan is a person who does not eat animal product such as milk and cheese.

Q.2. What is a balanced diet?
Ans. A balanced diet is one that contains all the nutrients in the right quantity.

Q.3. What are nutrients?
Ans. Nutrients are substances present in food that nourish and protect our body.

Q.4. Name the different methods of cooking.

Ans. The different methods of cooking are -
boiling, steaming, frying, baking and
roasting.