**FOOD AND HEALTH**

1. Define nutrient.

Ans. A substance preent in food and essential for the growth and development of our body.

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

Ans. The nutrients present in different foods are-

1. Carbohydrates - provide energy to the body.
2. Proteins - help in the growth and maintenance of the body.
3. Fats - provide energy for later use and also help in keeping the body warm.
4. Vitamins and Minerals – help our body to stay healthy and fight diseases.
5. Write the importance of roughage and water.

Ans. Roughage: Helps the food and waste to move easily through the digestive system.

Water: Helps all systems in the body to function properly.

It is medium through which nutrients are carried to various parts of the body.

1. What is a balanced diet?

Ans. A diet that includes the right amount of each nutrient, along with roughage and water.

1. Why is junk food not good for us?

Ans. Eating a lot of fatty and sugary foods causes deposition of extra fat in the body. This makes a person overweight.