

## **1. Food our fuel**

### **I. Vocabulary:**

1. nutrients
2. Carbohydrate
3. Proteins
4. Fats
5. Vitamins
6. Minerals
7. Macronutrients
8. Micronutrients
9. Dehydration
10. Constipation
11. Contamination
12. Fibre
13. Balanced diet
14. Immunity
15. Roughage

### **II. Answer the following:**

1. Are fatty food important to us? Give us some reasons.

- ❖ We need fatty food , so it keeps us warm
- ❖ Fats make up most part of our brain.
- ❖ It helps to absorb nutrients.
- ❖ Fats are needed in less quantity.

2. Define a balanced diet.

The diet that has all the nutrients along with roughage and water is called a balanced diet.

3. Why do we need to include fibre in our diet?

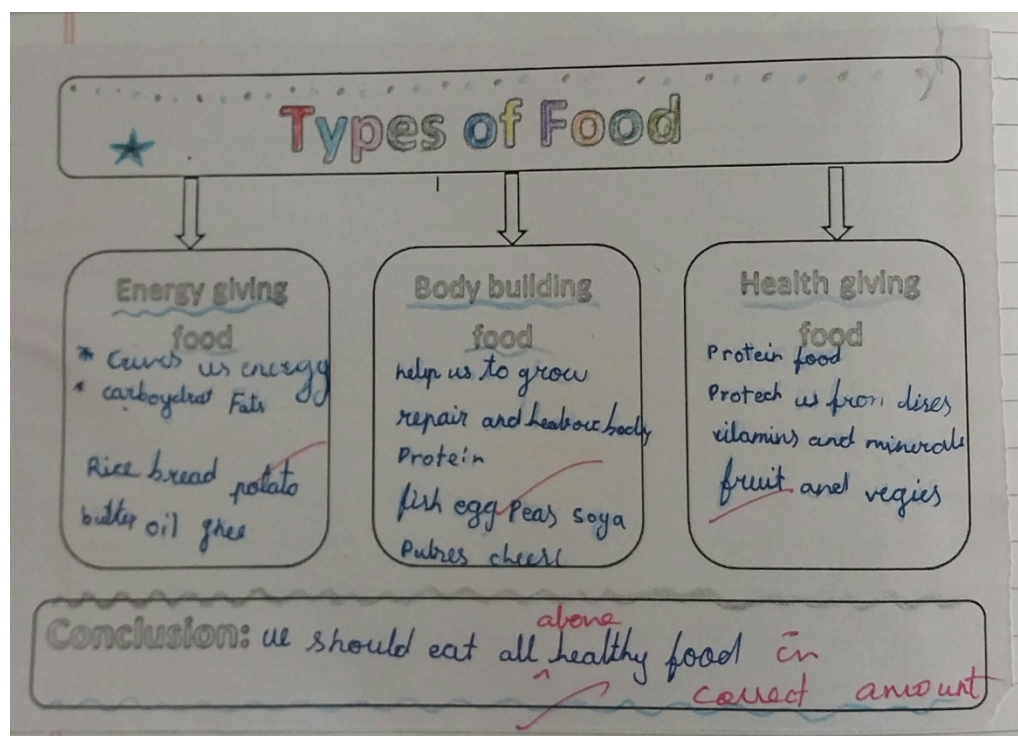
- ❖ We need to include fibre in our diet because it will help in removing waste from our body.
- ❖ Helps in easy digestion
- ❖ It also prevents constipation.

4. Differentiate between the following:

Macronutrients	Micronutrients
Our body needs these nutrients in large quantities.	Our body needs these nutrients in less quantity.
It gives energy and help us to grow and heal our body.	It helps us fight diseases.
Carbohydrates, fats, Proteins	Vitamins and minerals.

5. How can you contribute to helping others and the environment by reducing food wastage?

- ❖ Cook only the needed amount of food.
- ❖ If you have excess of food, then give it to orphanages.
- ❖ Composting the leftover food can increase the soil fertility.



#### IV Interactive activity

components of food

