

## LESSON - I

### Let's Check

#### I. Label the following food items as either 'healthy' or 'unhealthy': -

- |                                 |                                   |
|---------------------------------|-----------------------------------|
| 1. Burger: <u>unhealthy</u>     | 3. Potato Chips: <u>unhealthy</u> |
| 2. Chicken Soup: <u>healthy</u> | 4. Curd: <u>healthy</u>           |

#### II. Write T for true or F for false for the following statements: -

1. We should eat frequently at the restaurants. (False)
2. We should not skip meals. (True)
3. We should include variety of food items in our meals. (True)
4. Processed food are good source of proteins. (False)

#### III. Match the columns: -

| Column A         | Column B                 |
|------------------|--------------------------|
| 1. Carbohydrates | a) Rice                  |
| 2. Proteins      | b) Eggs                  |
| 3. Fats          | c) Cheese                |
| 4. Vitamins      | d) Fruits and Vegetables |
| 5. Minerals      | e) Fruits and Vegetables |

#### **IV. Answer the following questions briefly.**

1. Why should we eat food?

Ans. We should eat food to get energy, to build our body structure and to sharpen our brain. It helps to perform our daily activities well.

2. Name the various nutrients we get from our food.

Ans. The various nutrients that get from our food are carbohydrates, fats, proteins, vitamins, minerals, water and roughage.

3. What is a food pyramid and how does it guide us to eat food?

Ans. A food pyramid is a guide to have a balanced diet. In a food pyramid, all the five types of nutrients are divided at different levels of hierarchy of requirement of a human body as per age, gender and nature of activities they do, i.e, food items at lower levels should be consumed more than food items at the higher levels.

4. Why we should not skip meals?

Ans. We should not skip meals as if we skip meals, we become dull and sluggish and we are not able to perform our regular activities well.

5. What is the source of energy in our body?

Ans. Carbohydrates and fats are the sources of energy in our body.

6. What do you mean by balanced diet?

Ans. Balanced diet means to have a diet containing all the types of nutrients in the right proportion.

7. What is the important meal of the day?

Ans. Breakfast is the important meal of the day.

**NOTE: - Please note down all the exercises in your copy.**