

Chapter - 11  
Food for Health

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Exercises

[A.] Answer these questions :-

Q1 What gives us energy?

Ans = Food that rich in carbohydrates and fats gives us energy.

Q2 What is energy-giving food?

Ans = Energy giving food is ~~carb~~ rich in carbohydrates and fats and gives us quick energy to work and play. Ex. - Rice, bread.

Q3 What is body-building food?

Ans = Body-building food is rich in proteins and help us to build our muscles and Bones and grow well. Ex. - Milk, Pulses.

Q4 What is protective food?

Ans = Protective food is rich in vitamins and minerals and protect us from falling ill. Ex. - fruits and vegetables.

[B] Fill in the blanks :-

- ① Food is the basic need of life.
- ② Energy-giving food is rich in carbohydrates and fats.
- ③ A balanced diet keeps us healthy and strong.
- ④ Eating stale food can make you sick.
- ⑤ We must drink plenty of water everyday.

[C] Mark a (✓) for true and a (✗) for false:-

- ① A balanced food keeps us healthy and strong.
- ② Rice, bread and butter give us energy.
- ③ Protective food is rich in proteins.
- ④ We must eat only as much as required.

[Q] Match the following :-  
Kinds of food

Example

- |                                 |                |
|---------------------------------|----------------|
| ① Rich in carbohydrates         | (a) fruits [4] |
| ② Rich in proteins              | (b) Butter [3] |
| ③ Rich in fats                  | (c) Pulses [2] |
| ④ Rich in vitamins and minerals | (d) Bread [1]  |

[E] Give any three examples of each :-

- ① Energy-giving food → Rice, bread, Potato
- ② Body-building food → Milk, pulses, Peas
- ③ Protective food → fruits and vegetables