

Chapter 7: Nutrition and Diet

EXERCISE [PAGE 56]

Exercise | Q 1.1 | Page 56

Fill in the blank.

The process of intake of food and utilising it for all life processes is called _____.

SOLUTION

The process of intake of food and utilising it for all life processes is called **nutrition**.

Exercise | Q 1.2 | Page 56

Fill in the blank.

All the substances in our food which are useful for various bodily processes are called _____.

SOLUTION

All the substances in our food which are useful for various bodily processes are called **nutrients**.

Exercise | Q 1.3 | Page 56

Fill in the blanks.

Carbohydrates and _____ provide _____ to our body.

SOLUTION

Carbohydrates and **fats** provide **energy** to our body.

Exercise | Q 1.4 | Page 56

Fill in the blank.

In a balanced diet, all the nutrients are present in the _____ proportion.

SOLUTION

In a balanced diet, all the nutrients are present in the **right** proportion.

Exercise | Q 1.5 | Page 56

Fill in the blank.

In the food pyramid, cereals are given the maximum space because they fulfill our _____ requirement.

SOLUTION

In the food pyramid, cereals are given the maximum space because they fulfill our **nutritional** requirement.

Exercise | Q 1.6 | Page 56

Fill in the blank.

Intake of more food than necessary causes _____.

SOLUTION

Intake of more food than necessary causes **overnutrition**.

Exercise | Q 2.1 | Page 56

Spot the following in the table of vitamins and minerals.

The nutrient present in citrus fruits.

SOLUTION

The nutrient present in citrus fruits – Vitamin C

Exercise | Q 2.2 | Page 56

Spot the following in the table of vitamins and minerals.

Vitamins/minerals present in milk.

SOLUTION

Vitamins/minerals present in milk – Vitamin B₁₂ and Vitamin D.

Exercise | Q 2.3 | Page 56

Spot the following in the table of vitamins and minerals.

Causes and symptoms of night blindness, scurvy, rickets, beriberi.

SOLUTION

Causes and symptoms of night blindness, scurvy, rickets, beriberi are:

Disease	Causes	Symptoms
Night blindness	Deficiency of Vitamin A	Inability to see in dim light
Scurvy	Deficiency of Vitamin C	Bleeding of gums
Rickets	Deficiency of Vitamin D	Softening of bones causing pain and fractures
Beriberi	Deficiency of Vitamin B ₁	Nerve disorders

Exercise | Q 2.4 | Page 56

Spot the following in the table of vitamins and minerals.

Foods required to prevent the above diseases.

SOLUTION

Foods required to prevent the diseases are:

Disease	Foods to avoid these diseases
Night blindness	Carrot, milk, butter, dark green vegetables, sweet potato
Scurvy	Amla, kiwi, oranges, other citrus fruits, tomato, green leafy vegetables
Rickets	Milk, fish, eggs, and butter
Beriberi	Milk, fish, meat, cereals, nuts, pulses

Exercise | Q 2.5 | Page 56

Spot the following in the table of vitamins and minerals.
Causes of anaemia.

SOLUTION

deficiency of iron can result in anaemia as it is required for the formation of red blood cells.

Exercise | Q 2.6 | Page 56

Spot the following in the table of vitamins and minerals.
Essential mineral for healthy bones and teeth.

SOLUTION

Essential mineral for healthy bones and teeth – Vitamin D

Exercise | Q 2.7 | Page 56

Spot the following in the table of vitamins and minerals.
Sensory organ affected due to the deficiency of Vitamin A

SOLUTION

Sensory organ affected due to the deficiency of Vitamin A – Eyes

Exercise | Q 3.1 | Page 56

Choose the correct alternative.
Pulses are a very good source of _____.

1. carbohydrates
2. **proteins**
3. fats
4. minerals

SOLUTION

Pulses are a very good source of **proteins**.

Exercise | Q 3.2 | Page 56

Choose the correct alternative.

_____ provide maximum energy to the body.

1. **Cereals**
2. Leafy vegetables
3. Water
4. Amla

SOLUTION

Cereals provide maximum energy to the body.

Exercise | Q 3.3 | Page 56

Choose the correct alternative.

Goitre is caused by a deficiency of the mineral _____.

1. iron
2. calcium
3. **iodine**
4. potassium

SOLUTION

Goitre is caused by a deficiency of the mineral **iodine**.

Exercise | Q 3.4 | Page 56

Choose the correct alternative.

_____ is a type of junk food.

1. Orange
2. Milk
3. Bhakri
4. **Chocolate**

SOLUTION

Chocolate is a type of junk food.

Exercise | Q 4 | Page 56

Use the food pyramid to select food items of your choice for three days.

Conditions:

1. The diet for all three days should be balanced.
2. There should be variety in the items chosen for the three days.

SOLUTION

- Day 1

Cereal like cornflakes and milk, apple, roti, sabzi, and dal

- Day 2

Bread and butter with milk, rice/ roti, and chicken, curd, any one type of fruit, salad

- Day 3

Poha, green vegetable, and dal with rice or roti, raita, one fruit, vegetable sandwich