

WORKSHEET

1. a) Draw a logo of fortified food.
b) What do you mean by fortification and Adulteration.
c) Give 2 examples of fortified and adulterated food.
2. a) What do you mean by Mid day meal?
b) what is the role of a mid day meal?
3. Foods containing fats and carbohydrates are also called 'energy giving foods'. Proteins are needed for the growth and repair of our body. Foods proteins are often called 'body building foods'. Vitamins help in protecting our body against diseases. Vitamins are of different kinds known by different names. Our body needs all types of vitamins in small quantities. Vitamin A keeps our skin and eyes healthy. Vitamin C helps body to fight against many diseases. Vitamin D helps our body to use calcium for bones and teeth. However, in a given raw material, one particular nutrient may be present in much larger quantity than in others. For example, rice has more carbohydrates than other nutrients. Thus, we say that rice is a "carbohydrate Rich" source of food. Besides these nutrients, our body needs dietary fibres and water. Dietary fibres are also known as Roughage. Roughage is mainly provided by plant products in our foods. Whole grains and pulses, potatoes, fresh fruits and vegetables are main sources of roughage.
 - a) _____ keeps our skin and eyes healthy?
 - b) Food containing Proteins are also known as _____.
 - c) Name the nutrient needed for the growth and repair of the body?
 - d) What are Roughages?
 - e) Mention ways in which Vitamins are helpful for the body?
4. a) Identify the name of this disease. Given in the picture.
B) It is caused due to deficiency of _____ mineral.
C) This disease affects _____ gland, which is present in our _____.



+ Solve NCERT TEXTBOOK QUESTION and Keywords