



1: Human Body & Food We Eat

Ques 1: Why do we need food?

Ans 1: We need food to stay alive. Food gives us strength, helps us to grow, stay strong and healthy, protects us from diseases and helps to repair different parts of our body.

Ques 2: What are nutrients?

Ans 2: Nutrients are substances present in our food that helps us to grow and survive.

Ques 3: Name the nutrients required by our body?

Ans 3: The main nutrients required by our body are — carbohydrates, proteins, fats, vitamins and minerals. The body also needs a good amount of water and roughage (fibre).

Ques 4: Why is roughage important?

Ans 4: Roughage is that part of the food that cannot be digested. It allows the waste materials to pass out of the body easily.

Ques 5 Why is water important for the body?

Ans 5. Water is important because it is needed for digestion and is an essential part of the blood and other body fluids.

Ques 6 Why do children need a protein rich diet?

Ans 6. Children need a protein rich diet because their bodies are still growing and proteins are body building foods.

Ques 7 What is a balanced diet?

Ans 7. A balanced diet is a diet that contains all the nutrients in the right amounts, along with roughage and water.