

CHAPTER 01

FOOD COMPONENTS

1. Make a list of food items eaten during lunch by you.
Try to mention the components in each food item.

Ans: I eat the following items during my lunch.

Food item	Food component
Rice	carbohydrate
Dal, Green leafy vegetables	Proteins, minerals and vitamins
Egg	Protein and fat
Curd	Protein, fat and vitamins

2. Manjula eats only bread and Omlette daily. Do you think it is a balanced diet? Why? Why not?

Ans: I do not think it as a balanced diet. Not only carbohydrates, proteins and fat, it is important to get all the other food components like minerals, vitamins and fiber in our food to make up a balanced diet.

3. Make a list of food items that contain all components of food.

Ans: Rice, dal, green leafy vegetables, meat, nuts, fruits, egg, milk, little oil and jaggery can fulfill our daily nutrient requirements.

4. Who am I?
 - a. I am a component of food that makes paper translucent.

- b. Put a drop of me on a cut potato. It turns dark blue.
Who am I?

Ans: a. oil or fat makes paper translucent

b. Iodine solution when dropped on potato, due to presence of starch dark blue or black color develops.

5. Explain what will happen if we do not include roughage in our food?

Ans: Roughages are a kind of carbohydrate, which our body cannot digest. They help in free bowel movement in the digestive tract and relieve constipation.

6. Test the given food items and record the type of component that are present in them. (Ground nut, Cooked dal, Pulusu)

Ans:

Food item	Food component
Ground nut	Fats and protein
Cooked dal	proteins
Pulusu	Carbohydrate and protein

7. Draw some food items of your diet and explain why you like them.

Ans:

- a. If our food is not balanced with proper nutrients we may _____.
- b. Fibres in our diet prevent _____.
- c. Our daily diet should include plenty of _____.
- d. Oils and fats give us _____.

ans:

- a. get sick
- b. Constipation
- c. Fruits, vegetables and water
- d. Energy

11. Match the following and give the reasons.

1. Fibre () A) energy giving
2. Protein () B) body building
3. Carbohydrates () C) Bowel movement

Ans: fibre – bowel movement

Protein – body building

Carbohydrates – energy giving

Dietary fiber cannot be digested by our body and help in the free bowel movement in digestive tract and relieve constipation.

Proteins are present in every cell and helps in growth and repair of cells and tissues.

Carbohydrates are the main energy sources to our body.

12. Prepare a balanced diet chart with the help of your group and exhibit it in your class room science fair



13. Prepare 'kichidi' with your mother's help using all kinds of available vegetables, dal, nuts etc. Write a note on the process of making kichidi.

Ans:

- Place a cooker on stove with medium flame and add required amount of oil or ghee into it.
- Let the oil heat and add condiments like cumin, mustard seeds, red chillies, curry leaves, kaju and asafoetida.
- Add ginger, garlic and available vegetables. Let them fry for a while add rice, dal and coriander leaves.
- Add required amounts of water into it and close the lid.
- Let the cooker get 2-3 whistles, allow it to cool. Open the lid and mix slowly.
- Nutritious and tasty kichdi is ready. Serve hot.