

14/09/21
Tuesday

Ch-10

Q Answer these Questions:

1 Why do we need food?

Ans: We need food:
* To live
* For our growth
* For energy
* To keep us fit and healthy.

2 Why does our body need glucose?

Ans: (Glucose is an important source of energy needed by the organs of our body.)

or

It gives us energy to do work.

(Glucose + Insulin \rightarrow Energy)

③ What is the importance of vitamins in our food?

Ans:

We need vitamins:

* To maintain normal body functions.

* For growth and development

* It keeps us fit and healthy

* It cures ^{deficiency} diseases.

④ What is fungus?

Ans:

Small green spots in spoiled food are called fungus

Q.5 Do on your own from notes.



FUN TO LEARN

A. Match the columns.

1. Food pyramid
2. ORS
3. Tongue
4. Breakfast
5. Refrigeration

- a. taste buds (3)
- b. food preservation method (5)
- c. food families (1)
- d. Oral Rehydration Salts (2)
- e. first meal of the day (4)

B. Learn to have a balanced meal.

C. Give one-word answers.

1. The pancreas releases this in your body.
2. This helps to remove waste from your body.
3. This kills the nutrients present in food.
4. This is one of the traditional methods to preserve pickles and chutneys.
5. Chillies are preserved in this way.

Insulin
Water
Overcooking
Pickling
Dehydration

D. Answer these questions.

1. Why do we need food?
2. Why does our body need glucose?
3. What is the importance of vitamins in our food?
4. What is fungus?
5. Write any three methods of food preservation.