

I. Give one word answers for the following :- [5x1=5]

1. A part of plant based food that we cannot digest.
2. A nutrient that gives us energy.
3. The lack of fibre in our diet can cause this condition.
4. Milk and milk products have a lot of this mineral.
5. The kind of food that a person generally eats.

II. Fill in the blanks :- [5x1=5]

1. Keratin is a kind of _____
2. Vitamin C is good for _____
3. Too much of _____ can make us overweight
4. Calcium and iron are two types of _____
5. _____ is not a nutrient but we need a lot of it to stay healthy

III. Answer the following questions :- [3x2 =6]

1. Name any four nutrients or components of food.
2. Mention two reasons why water is very important for us.
3. Name two good sources of proteins.

IV. See the picture and answer the questions that follow :- [2x2=4]



1. Name the mineral present in this food item.
2. Name two other type of food items that contain the same mineral.