



# Food and Nutrition

1. Fill in the blanks.

- Food can be eaten in \_\_\_\_\_ or \_\_\_\_\_ form.
- \_\_\_\_\_ helps the body to fight diseases.
- A \_\_\_\_\_ contains all the nutrients such as fats, protein, vitamins, etc in correct amounts.
- Proteins are called \_\_\_\_\_ nutrients.

2. Give two examples of food that contains the following nutrients.

a. Vitamins	_____	_____
b. Fats	_____	_____
c. Minerals	_____	_____
d. Proteins	_____	_____



3. Circle the odd one out. Give reason for your answer.

a. Canning, roughing, freezing, boiling	_____
b. Oil, butter, groundnuts, honey	_____
c. Spinach, cabbage, cheese, apple	_____

4. Define.

- Nutrients
- Food preservation

