

Food

Our bodies require food to keep them working. Food gives us energy and keeps us warm. The important things in food are:

1. **Sugar and Starch**. These are called **carbohydrates**. They give us energy and keep us warm. **Maize, rice and wheat** are some examples of Sugar and starch.
2. **Proteins**. These are found in milk, meat, beans, cheese and the white of eggs. Proteins are the body builders. They make the flesh and bones of the body.
3. **Fats and Oils**. These warm our body. They are also stored under the skin for use when food is scarce. For example: in the hump of the cow or camel. Fat and oils are found in **milk, beef and mutton fat**.
4. **Vitamins**. Vitamins in food are necessary if we are to get the things we need for health. If we lack vitamins we can suffer from certain diseases.

Vitamin A helps us to grow and is found in green vegetables.

Vitamin B is found in **wheat** and **rice**. Vitamin B prevents a disease called **beri beri**.

Lack of fresh fruits containing **Vitamin C** cause a **skin disease**. Sailors in the olden days suffer from this disease called **scurvy**. When they were given lime juice they got better.

Vitamin D is found in butter and oil. Vitamin B prevents the disease **rickets** in which the bones become soft and do not support them properly.

Questions

A. Choose the correct answer.

1. Which disease does vitamin D prevent?

- (a) Scurvy
- (b) Rickets
- (c) Beri- beri

2. Where is vitamin A found?

- (a) In milk, meat and beans
- (b) In green vegetables
- (c) In maize, rice and meat

B. Write True or False.

3. Proteins are body builders. _____

4. Vitamins are NOT necessary for good health. _____

5. Fats and oils are found in milk, beef or mutton fat. _____

C. Use a word from below to complete each sentence.

Carbohydrates

vitamins

food

6. Our bodies require _____ to keep working.

7. If we lack _____ we can suffer from certain diseases.

8. Sugar and starch are called _____.