



Health and Food

What you eat has a direct impact on your health. To maintain good health you should take a balanced diet. To keep balance, the calories you take should match the calories you eat up. If you take healthy food, you will grow well. If you take junk food, you will have deficiency of many nutrients.







Answer the following questions to test your knowledge on food and nutrients :

1. Which is the harmful substance present in tea and coffee? _____
2. Milk is necessary to keep your bones and teeth strong. What is the substance you get from milk? _____
3. Fruits and vegetables are necessary for growth and building up resistance in the body. What you get from fruits and vegetables? _____
4. Lack of vitamin D causes a disease called Rickets. What is the natural sources of vitamin D available to you? _____
5. Wheat, pulses and meat gives a substance for your body to grow, name it. _____
6. Lack of iron makes you anaemic. What food items you should include in your meals to get Iron? _____
7. Fibrous material in food keeps a person healthy. Name the fibrous materials. _____
8. What is the instant source of energy? _____

KNOW MORE

Calorie is a measure of the energy we get by consuming one unit (mg) of any item.

HELP BOX

Minerals and Vitamins, Glucose, Calcium, Sunlight, Protein, Caffeine, Roughage, Green vegetables [Carrot and Tomato].

LIVEWORKSHEETS