

9. Kwashiorkor is caused by the deficiency of which nutrient?

Kwashiorkor is caused by protein.

10. Where is haemoglobin found?

haemoglobin is present in

11. Which gland swells up due to goitre?

thyroid gland swells up due to

I. Answer in brief.

1. Why is eating too much of fats not good for us? ✓

2. Why do children require more proteins than adults? ✓

3. What is the importance of water in our body?

4. Why should an athlete drink more water than a person working in an office?

5. What is a balanced diet? Why do we need different kinds of nutrients in our diet?

6. Why should we not deep fry or overboil food?

7. How is marasmus caused? What are its symptoms?

8. What led to the conclusion that deficiency of vitamin D causes scurvy?

9. Why are foods containing vitamins called protective foods?

10. What effect does malnutrition have on children?

SECTION 4 // Developing Independent Thinking and Application

J. In countries where the winter is six months long and dark, children often suffer from rickets. Why?

K. Explorers to the North Pole must carry green vegetables and fruit. Why is this necessary?

L. Does a balanced diet help our body fight against infectious diseases?

Ans1: We should not have too much of fats in the food as it does not get digested easily n extra fats is deposited under the skin and around internal organs like liver, heart etc. leading to obesity.

Ans 2: Children are in the growing age so their body needs more amount of proteins which are body building food whereas adults have already grown so they need proteins for repair of cells and further growth.

Ans 3:

Water plays a vital role in the body's system.

- ❖ It helps our body absorb nutrients from food.
- ❖ It transports nutrients throughout the body.
- ❖ It collects wastes from different parts of the body, and removes them from the body in the form of urine and sweat. Sweat is mainly water.
- ❖ (The body is cooled by evaporation of sweat from the skin.)

Ans 4: An athlete runs and loses body water due to sweating so to replace it he has to drink more water.

Ans 5: The diet that contains all the nutrients in proper amount needed by the body is called balanced diet.

The diet should have the different kind of nutrients for the proper growth of our body n save us from deficiency diseases.