

TASTING TO DIGESTING

CHAPTER 3

1. Foods are classified into three groups on the basis of the functions they perform in our body. Name these three groups, and briefly state their functions. Also give two sources of each.

Ans Foods are classified into three groups

These groups are:

- Energy-giving foods**
- Bodybuilding foods**
- Protective foods**

- Energy-giving Foods:

- Function: These foods provide the energy required for daily activities and bodily functions.

- Sources:

1. Cereals (e.g., rice, wheat)

2. Fats (e.g., butter, oils)

- Bodybuilding Foods:

- Function: These foods help in the growth

- Sources:

1. Pulses (e.g. beans)

2. Meat (e.g., chicken, fish)

- Protective Foods:

- Function: These foods are essential for regulating body processes and protecting against diseases. They provide vitamins and minerals that support various bodily functions.

- Sources:

1. Fruits (e.g., oranges, apples)

2. Vegetables (e.g., spinach, carrots)

Q2. If a person has vomiting and loose motion. What solution must be given?

Ans by own

Q3. During games class Ritu teacher used to tell the girls to have glucose while playing hockey why do you think she did this?

Ans : lot of sweating happens when we play outdoor games. This result loss of sugar, water and salt from the body. This can sap energy. Glucose solution quickly replenishes lost water and sugar.

Q4. What happens if our food is not balanced with proper nutrients?

The diet that comprises of the right amount of all nutrients (proteins, vitamin, fat and carbohydrates) that we require in a day.

If a person does not take one or two nutrients for a long time, he may suffer from deficiency diseases.

Deficiency diseases and Sources

<u>Nutrient</u>	<u>Deficiency Diseases</u>
Vitamin B1	Beriberi
Vitamin A	Night-blindness
Vitamin B3	Pellagra
Vitamin C	Scurvy
Vitamin D	Rickets
Vitamin K	Lack of Clotting of Blood
Iron	Anaemia
Iodine	Goitre

Q5. Define the term Malnutrition and obesity?

Malnutrition – Malnutrition is a condition in which a person doesn't get the right amount of nutrients.

Obesity- Obesity is a condition that occurs in an individual due to excess accumulation of fat due to a fat rich diet.

Q6. Explain Doctor Beaumont experiment in your own words?

Ans by own