

1. FOOD AND NUTRITION

A. Fill in the blanks.

- 1. Water helps in the _____ of food.*
- 2. _____ stored under the skin keeps us warm.*
- 3. Muscles, hair and nails are made up of _____.*
- 4. Things in food that we cannot digest are called _____.*
- 5. _____ is a mineral the body needs to make blood.*

B. Match.

- | | |
|--------------------------------------|-------------------------|
| <i>1. Energy</i> | <i>a. Proteins</i> |
| <i>2. Growth and repair</i> | <i>b. Fats</i> |
| <i>3. Strong bones</i> | <i>c. Vitamin C</i> |
| <i>4. Cushioning internal organs</i> | <i>d. Carbohydrates</i> |
| <i>5. Gums and skin</i> | <i>e. Calcium</i> |

C. True or false?

1. *Fats are used by the body when there is a shortage of energy.* _____
2. *The dietary needs of a person change with age.* _____
3. *Not eating enough fibre can lead to constipation.* _____
4. *The body needs vitamins and minerals in large quantities.* _____
5. *Many parts of the body are replaced every day.* _____

D. Write short answers.

1. *What are the five components of food?*
2. *Write two reasons why water is important for the body.*
3. *Name two sources of proteins.*
4. *Is it healthy to avoid eating fats altogether? Why or why not?*
5. *What does the word 'diet' mean?*