



# ST. LAWRENCE HIGH SCHOOL

A JESUIT CHRISTIAN MINORITY INSTITUTION

27, Ballygunge Circular Rd, Kolkata- 700019



**Term: First**

**Date: 23.07.20**

**Subject: Science**

**Class: 4**

**Lesson: Eating for Life - Food**

**Topic: Nutrients – Vitamins, Minerals**

## ANSWER WORKSHEET – 6

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### Answer the following questions in detail:-

1. What are vitamins?

**Ans: Vitamins are essential nutrients which enable our body to work properly and to stay healthy. Most vitamins can be found in the food that we eat or from vitamin supplements. The nutrients that we get from vitamins, helps our body to carry out essential functions such as- production of bones, muscles and skin, strengthening of the immune system and protecting us from diseases. There are a wide range of vitamins with most of them having multiple functions. Vitamins A, B, C, D are some important vitamins.**

**Vitamin A helps to keep our eyes and skin healthy.**

**Vitamin B is needed for the growth and working of the nerves and muscles.**

**Vitamin C helps to keep our skin, bones, teeth and gums strong and healthy.**

**Vitamin D helps to build strong bones and teeth.**

2. Why are minerals important in our body?

**Ans: Minerals are important for our body to stay healthy. Our body uses minerals for many different jobs, including keeping our bones, muscles, heart and brain working properly. Minerals are also important for making enzymes and hormones. The major minerals, which are used stored in large quantities in the body are calcium, iron, iodine etc. If there is less of a mineral in our body, then this can lead to a variety of health problems, such as weak bones, feeling of tiredness and many more.**

3. Why is calcium an essential nutrient?

**Ans: Calcium is a mineral that people need to build and maintain strong bones and teeth. It is also very important for other physical functions, such as muscle control and blood circulation. Calcium is not made in the body. We get calcium from the food we eat. Food rich in calcium include milk, cheese, and other dairy products. We can also get calcium from vitamins.**

4. What is the use of iron and iodine in our body?

**Ans: There are some minerals which are needed in the diet in small amounts. These minerals are iron, iodine, zinc etc. Iron is a mineral that plays an important role in many different body functions. It also helps in the formation of haemoglobin in our blood. It is found mostly in coriander, curry leaves, spinach and meat. Iodine is an important mineral that our bodies need for normal growth and development. It is mainly found in the ocean, sea and soil. We get iodine from the plants and animals we eat. The common salt that we consume everyday is enriched with iodine.**

**Ms. Margaret Das**