



# ST. LAWRENCE HIGH SCHOOL

A JESUIT CHRISTIAN MINORITY INSTITUTION

27, Ballygunge Circular Rd, Kolkata- 700019



**Term: First**

**Date: 30.07.20**

**Subject: Science**

**Class: 4**

**Lesson: Eating for Life - Food**

**Topic: Water and roughage, Food groups**

**ANSWER WORKSHEET – 7**

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**Answer the following questions in detail:-**

1. Why is water important to us?

**Ans: Water is an essential nutrient and plays a key role in the human body. We can survive up to several weeks without food, but only a few days without water. Every system in the body, from cells and tissues, to vital organs requires water to function. Water helps our body to absorb nutrients from food and carries it to different parts of our body. It helps to flush out toxins and waste from our body in the form of sweat and urine. It helps to regulate body temperature. So, we must remember to drink at least 6 to 8 glasses of water every day.**

2. What is the role of roughage in our diet?

**Ans: Roughage is the fibre present in the food. It is the indigestible portion of food obtained from plants. They do not provide any nutrient to our body but play an essential part of a healthy diet plan. The main functions of roughage are to add bulk to the diet, which in turn helps in the digestion process and healthy function of the bowel system. It prevents constipation and helps in getting rid of undigested food from our body. They help in retaining water in the body. Some roughage foods include green leafy vegetables, fresh fruits and whole grams etc.**

3. What are the basic food groups?

**Ans: Foods from the basic food groups provide the nutrients essential for life and growth. These foods are also known as 'everyday foods'. Each of the food groups provides a range of nutrients and all have a role in helping the body function. In particular, vegetables, legumes and fruits protect against illness and are essential to a healthy diet. The basic food groups are-**

**Energy- giving foods – The foods which provide protection and energy to our body are called energy giving foods. For example foods rich in carbohydrates and fats, cereals, butter, ghee etc.**

**Body-building foods –The foods which help our body to grow are called body- building foods. For example- foods rich in proteins.**

**Protective foods- The foods which protect us from diseases are called protective foods. They are rich in vitamins and minerals. For example- foods rich in vitamins and minerals are fruits and vegetables.**

4. Why is the food pyramid important?

**Ans: The food pyramid is designed to make healthy eating easier. Healthy eating is about getting the correct amount of nutrients to maintain good health. Foods that contain the same type of nutrients are grouped together on each of the shelves of the food pyramid. This gives us a choice of different foods from which to choose a healthy diet. Following the food pyramid as a guide will help us to get the right balance in our diet. The Food pyramid recommends us to eat a large portion of carbohydrate rich food, have a lot of fruits and vegetables for vitamins and minerals and take sufficient amount of proteins and fats in small amount.**

