



ST. LAWRENCE HIGH SCHOOL

A JESUIT CHRISTIAN MINORITY INSTITUTION

27, Ballygunge Circular Rd, Kolkata- 700019



Term: First

Date: 16.07.20

Subject: Science

Class: 4

Lesson: Eating for Life - Food

Topic: Nutrients – Carbohydrates, Proteins, Fats

ANSWER WORKSHEET – 5

Answer the following questions in detail:-

1. Why do we need food?

Ans: Food is essential for our body to develop, replace and repair itself. Food provides us energy to work and play. It protects us from diseases and help to recover fast from illness. We eat different food items and each food itself contains different substances. The substances that provide nourishment are essential for the maintenance of life and the growth is called nutrients. These nutrients are carbohydrates, proteins, vitamins, fats and minerals. No single food contains all the nutrients in the desired quantities, so we need to eat a balance diet for proper functioning of the body.

2. Why are carbohydrates important to us?

Ans: Carbohydrates are all about energy and are found in foods like fruits, vegetables, breads, pasta and dairy products. Our body uses these foods to make glucose, which is our body's main energy source. Glucose is a type of sugar that can be used right away for energy or stored away to be used later. Sugar digests quickly in our body. Starch is another type of carbohydrates which takes a little longer to digest. Rice, wheat, corn, potatoes, peas and beans are rich in starch.

3. Why do we need protein in our daily diet?

Ans: Protein is a nutrient that our body needs to grow and repair cells and to work properly. Protein is found in a wide range of food and it's important that we get enough protein in our diet every day. How much protein we need from our diet varies, depending on our weight, gender, age and health. Meeting our protein needs is easily achieved from eating a variety of foods. Protein from food comes from plant and animal sources such as meat and fish, eggs, dairy products, seeds and nuts, beans and lentils. People, who are vegetarian, need to choose a variety of protein sources from a combination of plant foods everyday to make sure they get adequate amount of essential amino acids, For example- a meal containing cereals and legumes – (peas and beans) etc. can provide all the essential amino acids found in a typical meat dish.

4. Why should we consume fats in small amount?

Ans: Fats are an essential part of our diet and is important for good health. There are different types of fats, with some fats being healthier than others. To help make sure we stay healthy, it is important to eat fats in small amounts as part of a balanced diet. When fat is eaten in large amounts, it may cause many health problems like weight gain, heart disease and high blood pressure. So, we should remember that a diet which is low in fats will help us to stay healthy.

Ms. Margaret Das

