



ST. LAWRENCE HIGH SCHOOL

A JESUIT CHRISTIAN MINORITY INSTITUTION

27, Ballygunge Circular Rd, Kolkata- 700019



Term: First

Date: 06.08.20

Subject: Science

Class: 4

Lesson: Eating for Life - Food

Topic: Balance Diet

ANSWER WORKSHEET – 8

Answer the following questions in detail:-

1. What are the benefits of a balanced diet?

Ans: The benefits of a balanced diet are - it prevents diseases and infections. When we eat the full range of vitamins, minerals and other nutrients, we improve our immune system and our healthy diet may even help to prevent diseases. Eating a balanced diet helps to control our weight and also improves our mental health. It is very important for children, as their body grows. It is important to receive the right nutrients so that they grow properly. Eating well also contributes to healthy skin and hair.

2. Why is it important to cook food?

Ans: It is important to cook our food because cooking makes food easier for us to chew and eat. It makes the food tastier and appetizing. It makes the food soft and easier to digest. Cooking destroys many harmful germs and makes the food safe for us to eat. When the food is cooked, it can be kept for a long time. Cooking improves the appearance of the food also.

3. What are the tips for cooking healthy food?

Ans: Healthy eating involves preparing food to preserve nutrients and prevent disease.

- Use healthy cooking methods such as boiling, steaming etc.
- Cook food in as little water to retain the nutrients.
- Use a variety of herbs and spices for additional flavour rather than salt.
- Wash all fruits and vegetables before cutting or eating.
- Cook food to a safe temperature. We should not overcook the food as it may destroy the nutrients.

4. What is a healthy diet?

Ans: The foods that we eat daily is called our diet, but a healthy diet is one that helps to maintain or improve overall health. A healthy diet provides the body with essential nutrients. A healthy diet contain fruits, vegetables and whole grains. The requirements for a healthy diet can be met from a variety of plant and animal based food. So, we should remember that eating one type of food may not contain all the nutrients in the required amounts. We need to eat a variety of food daily for growth and to stay healthy.

Ms. Margaret Das