

NUTRIENTS – QUESTION & ANSWER (FOR EXAMS)

◆ 1. Very Short Answer Questions (1 Mark)

Q1. What are nutrients?

A. Nutrients are substances in food required for growth, energy, and body functions.

Q2. Name the two main types of nutrients.

A. Macronutrients and Micronutrients.

Q3. Which nutrient is the main source of energy?

A. Carbohydrates.

Q4. What are body-building nutrients?

A. Proteins.

Q5. Name one fat-soluble vitamin.

A. Vitamin A (also D, E, K).

Q6. Which mineral is important for blood?

A. Iron.

Q7. What is a balanced diet?

A. A diet containing all nutrients in proper proportion.

Q8. Name one deficiency disease of Vitamin C.

A. Scurvy.

Q9. What is dietary fiber?

A. Indigestible plant material that helps digestion.

Q10. How much water is needed daily?

A. About 2–3 liters.

◆ 2. Short Answer Questions (2–3 Marks)

Q1. Define macronutrients with examples.

A. Macronutrients are nutrients required in large amounts. Examples: carbohydrates, proteins, and fats.

Q2. Write functions of carbohydrates.

A.

- Provide energy
 - Support brain function
 - Help digestion (fiber)
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Q3. List sources of proteins.

A.

- Animal sources: meat, fish, eggs, milk
 - Plant sources: pulses, beans, nuts
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Q4. What are the types of fats?

A.

- Saturated fats
 - Unsaturated fats
 - Trans fats
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Q5. Write functions of vitamins.

A.

- Improve immunity
 - Help metabolism
 - Maintain vision and skin
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Q6. What are minerals? Give examples.

A. Minerals are inorganic nutrients needed for body functions. Examples: calcium, iron, zinc.

Q7. Write functions of water.

A.

- Regulates temperature
 - Transports nutrients
 - Removes waste
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Q8. What are deficiency diseases?

A. Diseases caused due to lack of nutrients in the diet.

◆ 3. Long Answer Questions (5 Marks)

Q1. Explain carbohydrates in detail.

A. Carbohydrates are the main source of energy for the body. They are classified into simple and complex carbohydrates.

Functions include providing energy, supporting brain function, and aiding digestion.

Sources include rice, wheat, fruits, and vegetables.

Deficiency causes fatigue and weakness, while excess leads to obesity and diabetes.

Q2. Describe proteins and their deficiency diseases.

A. Proteins are body-building nutrients made of amino acids. They help in growth, repair, enzyme formation, and immunity.

Sources include meat, eggs, milk, and pulses.

Deficiency diseases include:

- Kwashiorkor (swelling, poor growth)
 - Marasmus (severe wasting)
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Q3. Explain vitamins and their importance.

A. Vitamins are micronutrients required in small amounts. They are of two types: fat-soluble (A, D, E, K) and water-soluble (B, C).

They help in immunity, metabolism, and vision.

Deficiency diseases include:

- Vitamin A → Night blindness
 - Vitamin C → Scurvy
 - Vitamin D → Rickets
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Q4. Write about minerals and their functions.

A. Minerals are inorganic substances essential for body processes.

Functions include bone formation, oxygen transport, and nerve function.

Examples:

- Iron → prevents anemia
 - Calcium → strengthens bones
 - Zinc → supports immunity
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Q5. What is a balanced diet? Explain its importance.

A. A balanced diet contains all nutrients in the correct proportion.

It includes carbohydrates, proteins, fats, vitamins, minerals, water, and fiber.

Importance:

- Maintains health
 - Prevents diseases
 - Supports growth and development
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◆ 4. Case-Based / Application Questions

Q1. A child has weak bones and bent legs. Which nutrient is deficient?

A. Vitamin D (Rickets).

Q2. A person feels tired and has low hemoglobin. What is the cause?

A. Iron deficiency (Anemia).

Q3. A person has bleeding gums. Which vitamin is lacking?

A. Vitamin C.