

Chapter - 3

Sports and Nutrition

Short Answer Type Question (80 to 90 words) (5 marks each)

Q.1 Explain Balanced diet and its function in our body?

Ans. Balanced diet :- Balanced diet is that which is consisted of various constituents of food in accurate and appropriate quantity and quality according to the requirement of individual.

Functions of Balanced diet :-

- (i) Sufficient energy is given by balanced diet.
- (ii) it helps individual to grow and develop to optimum level.
- (iii) Proper functioning of organs is done by balanced diet.
- (iv) It helps to repair or replace the worn out tissue.
- (v) Balanced diet improves the defence of body.
- (vi) It helps to improve the overall health status.
- (vii) Balanced diet improves metabolism.
- (viii) it prevents deficiency diseases and maintain body weight thus overall efficiency of individual improves.

Q.2 Mention micronutrients which are important for body?

Ans. Vitamins and minerals are micro nutrients which are needed for our body in small amount but they have their importance for body.

Vitamin A - This vitamin is also known as Retinol, needed for Normal growth & development.

Vitamin D- This is needed for formation of strong bones & teeth.

Vitamin E - It protect the cell membrane.

Vitamin K - It helps in blood clotting.

Water soluble Vitamin :- Vit. B. - Known as Thiamin. It helps in growth & development.

Vitamin C - It known as Ascorbic Acid. It helps to maintenance of ligaments.

Minerals : IRon :- It needs for formation of haemoglobin.

Calcium : - It resources for bone and teeth formation.

Phosphorus :- It makes strong teeth & bones.

Sodium :- It helps nervous system for better neuromuscular responses.

Lodine :- Deficiency causes Goitre.

Fluoride :- It helps teeth & nails.

Chloride :- It helps body to fight against infection.

Q.3 Write importance of protein for our body?

Ans. Proteins are basic structure of all living cells. Proteins are main components of muscles, tendons ligaments, organs glands, glands and all living body fluids like enzymes hormones and blood.

Proteins are needed for growth & development of body. It helps to repair or replace the worn out tissues. It does not provide energy in normal routine whereas it acts as energy

source only under extreme starvation. Proteins are required for making blood, muscle, Nails, skin, hair and body parts and repair them when needed and are important in some situation like early development and maturation, pregnancy lactation, or injury like burn etc.

Q.4 Write difference between types of carbohydrate simple and complex carbohydrate?

- Ans.
- (i) Simple carbohydrate give quick energy on the other hand complex carbohydrates release slow energy.
 - (ii) The types of simple carbohydrates are Glucose, Galactose, Fructose Maltose, Sucrose, Lactose. Complex are starch, Glycogen, Dextrin and Cellulose.
 - (iii) Simple carbohydrate are called mono saccharides while complex are called polysaccharides.
 - (iv) Simple carbohydrate are sweet in taste but complex are not sweet in taste.
 - (v) They can be absorbed quickly other side complex carbohydrates takes time.
 - (vi) Simple carbohydrates can be dissolved in water but complex not.

Q.5. Mention five pitfalls of dieting

Ans. Following are pitfalls of dieting -

1. Extreme Reduction of Calories : - Person reduces the diet considerably which causes low level of energy thus person feels tiredness body aches.
2. Skipping meals :- People often skip meals to reduce weight where as in next meal they take large amount of food.
3. Low energy Diet :- The person takes diet without fats

and less carbohydrates by which health is affected.

4. Not performing physical Activity :- People often consider that reducing diet for controlling weight but they neglect physical activities which is equally important for healthy Lifestyle.
5. Taking less Liquid :- People often think that drinking water or liquid makes them to gain weight which is wrong.

Q.6. How water is useful for us ? Explain Briefly?

Ans. Water is a very useful component of our diet because.

Blood comprises 90% of water with help of water through blood the nutrients are carried to various parts of body. It is important for secretion of waste products. It regulates body temperature. Our body loses approximately 2% of our body weight or water per day. We compensate this loss of water by drinking water and by intake of food substances. It also functions as a lubricant keeps the skin moist and protects the body from shock. Amount 20% of water intake comes from food and remaining intake comes from drinking water.

Q.7 How food intolerance is treated? What are systems Explain in brief?

Ans. Food intolerance is treated by medical help where we know the food which causes problem. Food intolerance is more common than food allergy. Food intolerance is a term used widely for varied physiological response associated with a particular food. The individual elements of certain foods that cannot be properly digested and absorbed by our digestive system.

Systems of Food Intolerance :

Food intolerance can cause nausea, stomach pain, Diarrhoea, Vomitting, Flatulence Gas, Cramps heart burn, headache, irritability, or nervousness etc.

Q.8 What do you mean by bulimia Nervosa? Mention causes?

Ans. It is eating disorder characterized by binge eating and consuming a large amount of food in short time and after taking food persons try to get rid of one of consumed food, by vomiting taking a laxative or excessive exercise to reduce weight.

Two causes to Bulimai Nervosa.

- (1). Purging Type - Individual which has this type of vomit (self induced), a use of laxatives or diuretics (water pills) to avoid gaining weight from binge.
- (2). Non purging type - Individual engages self in regular fasting or excessive exercise.
 - (i) Abnormal levels of Hormones
 - (ii) Dietary.

Q.9 Is fat useful or not useful for us and for body, explain?

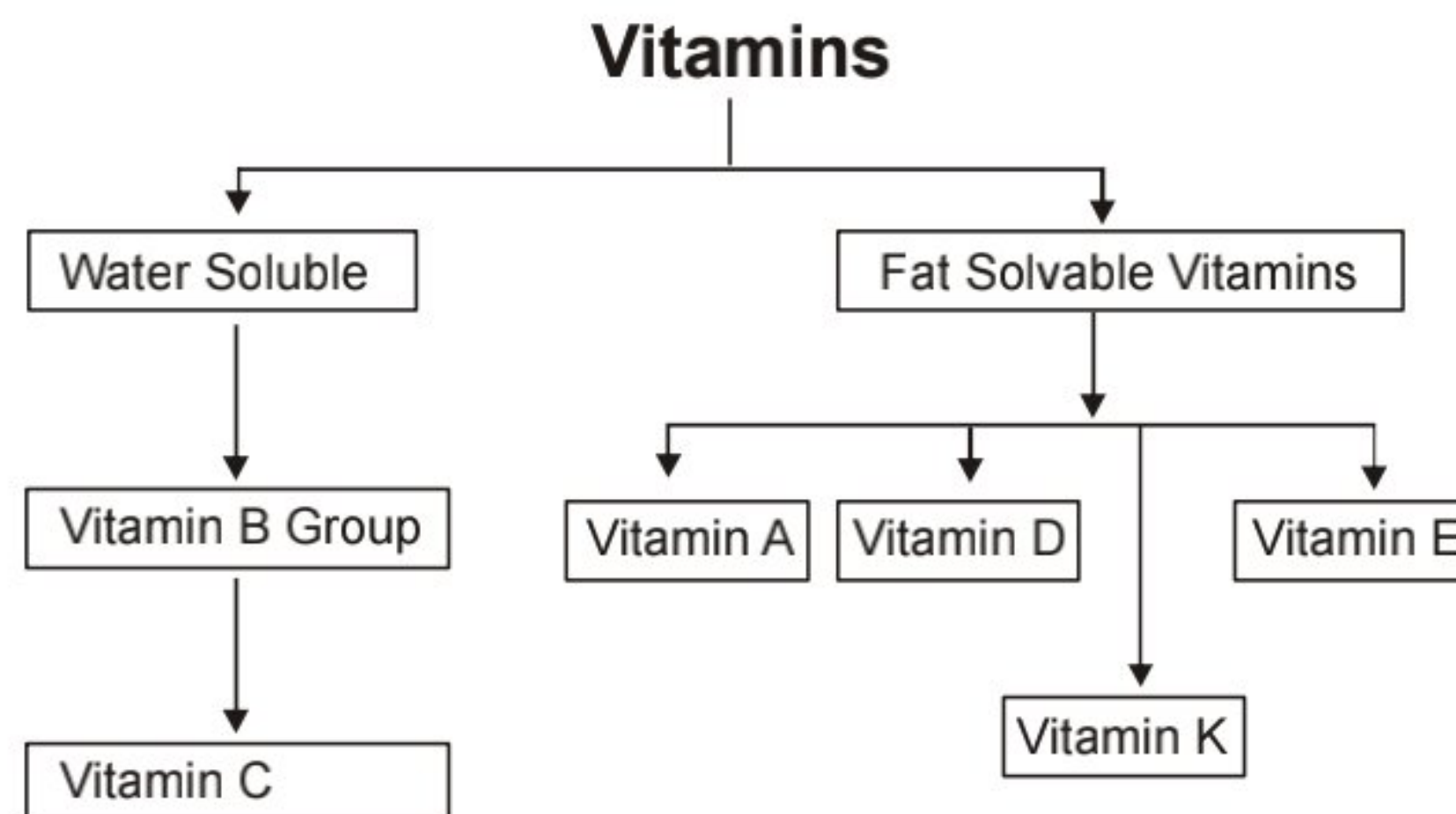
- Ans.
- (i) Fats are store in body and are used as emergency sources of energy.
 - (ii) Fats are important sources of energy for long duration activities and important for proper function of glands and other internal organs.
 - (iii) It helps in transpotation of fat soluble Vitamins A,D.E.K.
 - (iv) it help in blood clotting maintenance of skin & hair.
Our diet should consist of 5 to 10% of fat higher in take of fat high risk of obesity and many heart diseases.
 - (v) Fats maintain body temperature and protect it from

effect of external temperature.

(vi) They make body soft & oily.

Q.10 Explain fat soluble vitamins and their sources and water soluble vitamins and their sources.

Ans.



Fat Soluble Vitamin

- Vitamin A Vitamin A is found in Cod liver Oils/animal Liver, yolk, Milk, & Milk products.
- Vitamin D Vitamin is founding milk, fish, Liver oils?
- Vitamin E Vitamin E is founding Green leafy Vegetables, Pulses, Liver eggs, cereals.
- Vitamin K In tomatoes, Potatoes, Spinach, cabbage, soyabean, fish, cauliflower wheat, eggs, meat, we can find vitamin K.

Water Soluble Vitamins

- Vitamin B Vitamin B - Sources include peas, perk Liver, Legumes
- B2 -- We can find in liver, eggs, dark green vegetables,

		legumes, whole and enriched grain produced milk.
B3	--	Liver Fish, poultry meat, peanuts, whole & enriched grain products.
B5	--	Pork, meats whole grains, cereals legumes, green leafy vegetables.
B6	--	Cereals, grains, legumes, vegetables, milk, cheese, eggs, fish liver, meat, flour.
B12	--	Fish, red meat, poultry, milk, cheese, eggs.
Vitamin C		Lemon citrus fruits like grapefruits, oranges, and kiwis, other good sources mango, papaya, pineapple.