

*Name of the student:* ..... *Date:* ...../...../.....

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**Vitamins:**

- A vitamin is an organic molecule that is an essential micronutrient which an organism needs in small quantities for the proper functioning of its metabolism.
- Absence of vitamins in regular diet may prolong or may cause vitamin deficiency diseases. Afterwards, it may cause severe harmful effects on the body and even death.

Q. Why is vitamin termed as an essential dietary factor?

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- Vitamins are divided into two subgroups on the basis of their solubility. Such as—
  - 1) Fat soluble vitamins: Vitamin-A, Vitamin-D, Vitamin-E and Vitamin-K
  - 2) Water soluble vitamins: Vitamin B-complex group and Vitamin-C

**Minerals or Mineral salts:**

- Human body contains mineral salts, such as: calcium, iron, sulphur, zinc, sodium, potassium, iodine etc.
- Mineral salts are essential for body cells and body fluid.
- Mineral salts are the most essential elements in the formation of teeth, muscles, enzyme and hormones.
- Mineral salts have a particular role in nerve impulses, muscle contraction, maintains water balance in body cells, balancing of acid and base etc.

Q. Why is mineral salt essential for the body?

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**Water:**

The functions of water are of three types. Such as—

- 1) Body formation
- 2) Control of internal functions and
- 3) Elimination of waste products

Q. Why is other name of water life?

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**Fiber or Roughage:**

Dietary fiber or rough of the serials, vegetables, outer covering of fruits, stem of plants, roots, fruits, leaves contain fibers.

- Roughage absorbs water, increases the amount of faces helps to eliminate stools.
- Roughage enriched food absorbs the harmful products from the intestine.
- It is assumed that roughage reduces of cancer to some extent.
- Roughage has a role to reduce obesity, the tendency of fat deposition and hungriness.

Q. Why is roughage important?

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