

Read the following passage carefully and answer the question that follow:

(Select the correct answer for MCQ)

IMPORTANCE OF VEGETABLES

'Vegetables' are important protective food and highly beneficial for the maintenance of health and prevention of disease. They contain valuable food ingredients which can be successfully utilized to build-up and repair the body.

Vegetables are valuable in maintaining alkaline reserve in the body. They are valued mainly for their high vitamin and mineral contents. Vitamins A, B and C are contained in vegetables in fair amounts. Faulty cooking and prolonged careless storage can, however, destroy these valuable elements.

There are different kinds of vegetables. They may be edible roots, stems, leaves, fruits and seeds. Each group contributes to diet in its own way. Fleshy roots are high in energy value and good sources of vitamin B group. Seeds are relatively high in carbohydrates and proteins. Leaves, stems and fruits are excellent sources of minerals, vitamins, water and roughage.

It is not the green vegetables only that are useful. Farinaceous vegetables consisting of starchy roots such as potatoes, sweet potatoes, the tubers and legumes are also valuable. They are excellent sources of carbohydrates and provide energy to the body.

. To derive maximum benefits of their nutrients, vegetables should be consumed fresh as far as possible. Most vegetables are best consumed in their natural raw state in the form of salads. An important consideration in making salads is that the vegetables should be fresh, crisp and completely dry. If vegetables have to be cooked, it should be ensured that their nutritive value is preserved to the maximum extent possible. The following hints will be useful in achieving this:

The vegetables, after thorough wash, should be cut into as large pieces as possible.

The cut pieces should be added to water which has been brought to boiling point and to which salt has been added. This is necessary to avoid loss of B-complex vitamins and vitamin C.

Only bare minimum water necessary to cover vegetables should be used. Spinach and other tender greens need no water.

Vegetables should not be exposed to atmospheric air. They should be covered tightly while cooking

They should be cooked for as short a time as possible. They should be cooked till they are just soft to the touch for easy mastication. .

They should be served hot.

To prevent loss of nutrients in vegetables, it would be advisable to steam or boil vegetables in their own juices on a slow fire and the water or cooking liquid should not be drained off. If the vegetables are boiled hard and for a long time in a large quantity of water, they would lose their nutritive and medicinal values.

No vegetable should be peeled unless it is so old that the peeling is tough and unpalatable. In most root vegetables the largest amount of minerals is directly under the skin and these are lost if vegetables are peeled. Soaking of vegetables should also be avoided if taste and nutritive value are to be preserved. Finally, vegetables should not be cooked in aluminium utensils. Aluminium is a soft metal and is acted upon by both food acids and alkalis. There is scientific evidence to show that tiny particles of aluminium from foods cooked in such utensils enter the stomach and that the powerful astringent properties of aluminium injure the sensitive lining of the stomach, leading to gastric irritation, digestive and intestinal ailments.

An intake of about 280 grams of vegetables per person is considered essential for maintenance of good health. Of this, leafy vegetables should constitute 40 per cent, roots and tubers 30 per cent and the other vegetables like brinjals, ladies fingers the remaining 30 per cent.

Q.1. How are vegetables important for us?

- a) They build up and repair the body
- b) Give us energy
- c) They are tasty
- d) Highly beneficial when we fall ill

Q.2. What do farinaceous vegetables consist of -----

- a) Proteins
- b) Starchy roots
- c) Vitamins
- d) Energy

Q.3. How do cooking aluminium utensils affect the body of consumers?

- a) Cause day blindness
- b) Cause heart attack
- c) Cause kidney failure
- d) Injure the sensitive lining of the stomach.

Q.4. How does salt work to sustain the value of vegetables while boiling?

- a) By retaining B complex vitamin & Vitamin C
- b) By adding the energy level

- c) By enhancing the nutrient value
- d) By adding taste

Q.5. Find the word which mean : 'to remove the skin from vegetable or fruit.

- a) to soak
- b) to peel
- c) scratch
- d) to expose

Q.6. How much vegetables does a person need for good health?

- a) 280 grams
- b) 40% leafy & 30% tubers & roots
- c) As much as they can eat
- d) Maximum brinjals & ladies fingers