

Chapter 2. Components of Food

Very Short Q&A

Q1: Ingredients of food contain _____.

Ans: Nutrients.

Q2: Write the name of any two major nutrients in our food?

Ans: Carbohydrates and protein.

Q3: Other than nutrients, food also contains _____.

Ans: Dietary fibres.

Q4: The main carbohydrates found in our food are in the form of _____ and _____.

Ans: Starch and Sugar.

Q5: After putting 2-3 drops of dilute iodine solution on food item, it turns blue black. What does it indicate?

Ans: It indicates that it contains starch.

Q6: Starch is present in raw potato. (TRUE /FALSE)

Ans: TRUE

Q7: An oily patch on paper shows that food item contains _____.

Ans: Fats.

Q8: Does a food item contain more than one nutrient?

Ans: Yes

Q9: Carbohydrates provide _____ to our body.

Ans: Energy.

Q10: What are 'energy giving foods'?

Ans: Foods containing fats and carbohydrates are called 'energy giving food'.

Q11: Write any two sources of carbohydrates?

Ans: Potato and wheat.

Q12: Carbohydrates mainly provide energy whereas protein is needed for _____ of body.

Ans: Growth.

Q13: Write the name of two sources of protein?

Ans: Gram and beans.

Q14: Write any two sources of fats?

Ans: Meat and butter.

Q15: What type of food is called 'body building food'?

Ans: Foods containing proteins are called 'body building food'.

Q16: Write one function of vitamins in our body?

Ans: Vitamins help in protecting our body against diseases.

Q17: What are the functions of vitamin A in our body?

Ans: Vitamin A keeps our skin and eyes healthy.

Q18: Vitamin D helps our body to use _____ for bones and teeth.

Ans: Calcium.

Q19: Our body also prepares Vitamin D in the presence of_____.

Ans: Sunlight.

Q20: Write any two sources of Vitamin C?

Ans: Lemon and orange.

Q21: Minerals are needed in our body in _____ amount.

Ans: Small

Q22: Dietary fibres are also known as roughage. (TRUE/FALSE)

Ans: TRUE

Q23: What are sources of roughages?

Ans: Pulses, fruits etc are sources of roughages.

Q24: Animal food also consists of nutrients.(TRUE/FALSE)

Ans: TRUE.

Q25: By eating too much of fat rich food we may suffer from _____.

Ans: Obesity.

Q26: Diseases due to lack of nutrients over a long period are called _____.

Ans: Deficiency diseases.

Q27: Which disease is caused by deficiency of Vitamin B?

Ans: Beriberi.

Q28: Goitre is caused due to deficiency of _____.

Ans: Iodine

Q29: Which disease is caused by deficiency of Vitamin A?

Ans: Night blindness

Q30: Which disease is caused by deficiency of Vitamin C?

Ans: Scurvy.

Q31: Deficiency of calcium may lead to _____.

Ans: Bone and tooth decay

Q32: By eating meat alone we can fulfil nutritional requirement of our body .(TRUE/FALSE)

Ans: FALSE

Q33: Deficiency of Vitamin D leads to _____.

Ans: Rickets.

Q34: If diet is deficient in carbohydrates for long period of time ,person may become thin and weak.(TRUE/FALSE)

Ans: TRUE

Q35: Deficiency of _____ causes anaemia.

Ans: Iron.

Q36: All deficiency diseases can be prevented by _____.

Ans: Balanced diet.

Short Q&A

Q1: Write the name of sources of protein and what are their functions in our body?

Ans: Sources of protein are beans, soyabeans, gram etc. Proteins are needed for growth and repair of our body.

Q2: Write two functions of Vitamins?

Ans: Two functions of vitamins are-

- a) Vitamins help in protecting our body against diseases.
- b) Vitamins help in keeping our eyes and gums healthy.

Q3: What is the importance of water in our body?

Ans: Water helps our body to absorb nutrients from food. It also helps in throwing some wastes from body as urine and sweat.

Q4: Name the food sources rich in dietary fibres?

Ans: Food sources rich in dietary fibres are whole grains, pulses, potatoes, fruits, and vegetables. These are mainly provided by plant products in our food.

Q5: Why proteins are called 'building blocks' of body?

Ans: Proteins are called 'building blocks' of body because they are needed for growth and repair of our body.

Q6: Choose the correct option-

- a. Oil is rich in _____.(fats/protein)
- b. Lemon contains _____. (Vitamin C /Vitamin D)

Ans: a. Fats b.Vitamin C

Q7: Why is roughage essential component of our food?

Ans: Roughage is essential component of our food and adds to its bulk as this helps our body to get rid of undigested food.

Q8: What is balanced diet?

Ans: The diet that contains all the nutrients in right quantities and it also contain good amount of roughage and water is called balanced diet.

Q9: What are deficiency diseases?

Ans: Diseases that occur due to lack of nutrients over long period of time are called deficiency diseases.

Q10: Match the following-

VITAMINS		SOURCES	
1.	A	a.	Sun
2.	B	b.	Lemon
3.	C	c.	Carrot
4.	D	d.	Liver

Ans:

A-carrot
B-Liver
C-Lemon
D-Sun

Q11: Why are minerals essential for our body?

Ans: 11. Minerals are essential for proper growth of body and to maintain good health.

Q12: Which disease is caused by deficiency of –

- a. Vitamin A
- b. Vitamin C
- c. Vitamin D

Ans: A. Night blindness b. scurvy c. rickets.

Long Q&A



Q1: Cooking results in loss of certain nutrients. Many useful proteins are lost if excess of water is used in cooking and then thrown away. For e.g. Vitamin C gets destroyed easily by heat during cooking. Therefore it is important to include some fruits and raw vegetables in our diet.

Ans:

Salad vegetables



radishes



tomato



peppers (*BrE*)
bell peppers (*NAmE*)



lettuce



cucumber