

Components of Food

<1M>

1. Which of the following are called protective foods?

- (A) Vitamins. (B) Minerals. (C) Both (A) and (B). (D) None.

2. The energy supplier component of food is-

- (A) Protein. (B) Vitamin. (C) Cellulose. (D) Carbohydrate.

3. The name of disease for too much fat person is

- (A) Kwashiorkor (B) Obesity (C) Anemia (D) Scurvy

4. Starch is a kind of:

- (A) Carbohydrate (B) Fat (C) Protein (D) Vitamin

5. Which part of the plant is cabbage?

- (A) Root (B) Fruit (C) Bud (D) Flower

6.

Starch is tested with solution.

- (A) caustic soda (B) salt (C) HCl (D) iodine

7. Which food is obtained from animals?

- (A) Sugar (B) Honey (C) Jaggery (D) Jam

8. For strong bones and teeth we need

- (A) Vitamin A (B) Vitamin D (C) Vitamin E (D) Vitamin K

9. Protein is called

- (A) Energy giving food. (B) Body building food. (C) Protective food. (D) Roughage

10. Calcium deficiency can cause:

- (A) Weak muscles and soft bones. (B) Strong bones and strong muscles.
(C) Poor eyesight. (D) Poor breathing capacity.

11. The vitamin lost by heating is

- (A) A (B) C (C) D (D) B

12. A baby is exposed to sunlight in the morning. This is done to produce ... in the body.

- (A) Vitamin A (B) Vitamin B (C) Vitamin D (D) Vitamin K

13. Guava is a source of Vitamin-

- (A) A (B) B (C) C (D) D

14. Soya beans are the richest source of ---



(A) Carbohydrates (B) Proteins (C) Fats (D) Roughage

15. Which of the following is not a source of fats obtained from animals?

(A) Butter (B) Cream (C) Coconut oil (D) Fish

16. White portion of an egg turns violet when two drops of copper sulphate and ten drops of caustic soda are added to it. This indicates the presence of

(A) Starch (B) Proteins (C) Fats (D) Vitamins

17. Which of the following food turns blue-black with iodine solution?

(A) Milk (B) Groundnut (C) Tomato (D) Raw potato

18. Whose deficiency causes anemia?

(A) Iron (B) calcium (C) Iodine (D) Phosphorus

19. Which of the following food item contains carbohydrates?

(A) Rice. (B) Cabbage. (C) Vitamins. (D) Butter.

20. Name two food items which is the source of phosphorus.

21. In which nutrient is dal rich?

22. What are the symptoms of rickets?

23. How will you prevent the deficiency diseases?

24. What should a balance diet contain?

25. Which of the following is essential for body growth and formation of new cells?

(A) Proteins. (B) Carbohydrates. (C) Vitamins. (D) Fats.

26. The indigestible material in the food is known as -

(A) Fats. (B) Proteins. (C) Carbohydrates. (D) Roughage.

27. Match the items given in column A with those in column B.

COLUMN A

I. Amla, lemon

II. Soyabean

III. Obesity

IV. Goitre

COLUMN B

a. Protein

b. Iodine

c. Vitamin C

d. Overeating

(A) I-c, II-a, III-d, IV-b (B) I-d, II-a, III-b, IV-c (C) I-a, II-c, III-b, IV-d (D) I-b, II-a, III-d, IV-c

28. Vitamin K is needed for-

(A) Normal night vision.

(B) Normal growth of bones.

(C) Healthy teeth and gums.

(D) Clotting of blood.

29. Blue black colour on adding dilute iodine solution in a crushed food item indicates the presence of-

- (A) Fats. (B) Vitamins. (C) Proteins. (D) Starch.

30. Rich sources of roughage are-

- (A) Salad, corn and porridge (dalia). (B) Milk.
(C) Vegetables and food. (D) Both (A) and (C).

31. Fats are-

- (A) Protective nutrients. (B) Energy giving nutrients.
(C) Fibrous components of the body. (D) Body building foods.

32. A balanced diet contains-

- (A) Proteins, carbohydrates and fats. (B) Minerals and vitamins.
(C) Roughage and water. (D) All of the above.

33. A person is suffering from bleeding of gums, it shows the deficiency of-

- (A) Vitamin C. (B) Vitamin B. (C) Vitamin A. (D) Vitamin E.

34. Vitamin D is obtained from -

- (A) Carrot. (B) Liver. (C) Pumpkin. (D) Exposure to sun light.

35. A malnourished child needs -

- (A) Costly medicine. (B) Vitamins. (C) The required amount of balanced diet. (D) Tonics.

36. Tooth decay is caused due to the deficiency of-

- (A) Vitamin A. (B) Iron. (C) Iodine. (D) Calcium.

37. Find the one that needs a diet rich in carbohydrates and fats-

- (A) A doctor. (B) An office clerk. (C) An advocate . (D) A player.

38. Which food component prevents constipation?

- (A) Fats. (B) Vitamins. (C) Carbohydrates. (D) Roughage.

39. Find the odd one out-

- (A) Wheat. (B) Maize. (C) Rice. (D) Butter.

40. Which vitamin is destroyed by heating?

- (A) B (B) E (C) C (D) K

41. Mainly pulses are the sources of:

- (A) Protein (B) Carbohydrate (C) Fat (D) None

42. What is the reason of Obesity?

43. Why fats, proteins and carbohydrates are called as nutrients ?

44. What happens when we eat lot of fried food ?

45. Why do we have to drink a lot of water ?

46. Why do we have to eat a lot of fibres in our food ?

47. What may happen if a person does not get adequate food or his diet does not contain all nutrients ?

48. _____ help in keeping our eyes, bones, teeth and gums healthy.

2. 49. Carbohydrates and are the three main components of food.

50. Vitamin D helps our body to use for bone and teeth.

<2M>

51. Which nutrients give us energy? Hence what are the food items rich in those nutrients called as?

52. How do proteins help us? What are the food items rich in proteins called as?

53. Name two energy giving components of food.

54. Name the disease caused by the deficiency of Iodine. Suggest a few food items to prevent it.

55. Write any four symptoms for protein deficiency.

56. What are the symptoms of carbohydrate - protein deficiency.

57. Name the disease caused by the deficiency of -

(a) Iron (b) Vitamin A (c) Vitamin B1 (d) Vitamin C

58. How to test for the presence of fat in a food item.

59. Which components of food are known as protective foods? Why

60. How will you test the starch in a food item?

61. What is a balanced diet?

62. What are the major nutrients needed for the growth of our body?

63. What are nutrients ?

64. What leads to obesity ?

<3M>

65. What are dietary fibres? Explain its importance in our body.

66. What are the uses of water for our body? What are its sources.



67. List any three nutrients with an example for each.

68. List any three nutrients and mention their functions..

69. What are the deficiency diseases you suffer if your diet lacks Iodine and Vitamin C. Write the symptoms also.

70. What nutrients should my diet contain to avoid the following

- (a) Loss of vision (b) Weakness (c) Weak muscles (d) Tooth decay.
(e) bleeding gums (f) Swollen glands

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71. How can you check the loss of vitamins in our body? (Write any five points)

72. How will you test the presence of proteins in the food items?

73. List five vitamins and their functions?

74. Give the functions of : (a) Fats {b} Proteins (c) Vitamins.

75. What is the role of water in our body ?

76. What is the role of roughage in our body ?

77. Vitamins do not provide any energy to us, but still they are considered very important for our body. Explain why ?

