CHAPTER 2 COMPONENTS OF FOOD

FILL IN THE BLANKS

1. T he main carbohydrates found in our food are in te form of _____ and _____.
2. Carbohydrates and fats provide _____ to our body .
3. Foods containing carbohydrates and fats are also called _____ giving foods.
4. Foods containing proteins are often called _____ foods.
5. Vitamin _____ gets easily destroyed by heat during cooking.
6. Over eating fat rich food leads to _____
7. Deficiency diseases can be prevented by taking a _____ diet.
8. _____ help in protecting our body against diseases.

NAME THE FOLLOWING

1. Two sources of carbohydrates . _____ _____
2. Two sources of fats _____ _____
3. Two sources of protein _____ _____
4. Two sources of vitamin C _____ _____
5. Disease caused due to deficiency of iron _____
6. Disease caused due to deficiency of vitamin A _____
7. Disease caused due to deficiency of iodine_____

TRUE OR FALSE

1. Dietary fibres are also known as roughage. _____
2. Minerals are needed by our body in large quantity. _____
3. Our body prepares vitamin D in presence of sunlight. _____

DEFINE THE FOLLOWING

1Nutrients 2 Balanced diet 3 Deficiency diseases

DISTINGUISH BETWEEN

Proteins and Fats

EXTRA QUESTIONS

1Write the three groups of food and give examples (2 m)

2 Write the test to show the presence of protein in any food item (5 m)

3 Write the test to show the presence of starch in any food item (2 m)

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