

* Choose The Right Answer From The Given Options.

[16]

1. Primary source of energy is

- (A) carbohydrates (B) vitamins (C) minerals (D) proteins

Ans.: (A) carbohydrates

2. The colour of starch when treated with iodine solution becomes

- (A) blue-black (B) red (C) yellow (D) no change

Ans.: (A) blue-black

3. Which of the following is the source of stored energy?

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

Ans.: (A) Fats

4. Amla is the richest source of

- (A) vitamin A (B) vitamin B_1 (C) vitamin C (D) vitamin D

Ans. : (C) vitamin C

5. Beriberi is a deficiency disease caused by the deficiency of

- (A) iron (B) vitamin B_1 (C) vitamin C (D) calcium

Ans. : (B) vitamin B_1

6. Name the vitamin that gets destroyed by heat during cooking.

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

Ans. : (C) Vitamin C

7. When a few drops of dilute iodine solution are added to a food, then a blue-black colour is produced. This food contains:

- (A) starch (B) protein (C) fat (D) carbohydrate

Ans.: (A) starch

8. Which one of the following will not give a violet colour with alkaline copper sulphate solution?

- (A) milk (B) white of an egg (C) yellow of an egg (D) cheese

Ans. : (C) yellow of an egg

9. A child has bow or bent legs. He is suffering from the deficiency disease known as :

- (A) scurvy (B) rickets (C) anaemia (D) goitre

Ans. : (B) rickets

10. Which one of the following is not a vitamin deficiency disease ?



(A) scurvy (B) beri-beri (C) rickets (D) goitre

Ans. : (D) goitre

11. Which of the following is essential for body growth and formation of new cell?

(A) carbohydrates (B) minerals (C) proteins (D) vitamins

Ans. : (C) proteins

12. The indigestible material in the food is known as :

(A) roughage (B) carbohydrates (C) proteins (D) fats

Ans.: (A) roughage

13. Night blindness is caused due to the deficiency of :

(A) Vitamin D (B) Vitamin C (C) Vitamin B (D) Vitamin A

Ans. : (D) Vitamin A

14. Name the vitamin that gets destroyed by heating during cooking:

(A) Vitamin B (B) Vitamin D (C) Vitamin A (D) Vitamin C

Ans. : (D) Vitamin C

15. When an alkaline copper sulphate solution is added to a food item, then a violet colour is produced. The food item is :

(A) butter (B) milk (C) cooked rice (D) potato

Ans. : (B) milk

16. Amla is the richest source of:

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

Ans. : (B) Vitamin C

*** a statement of Assertion (A) is followed by a statement of Reason (R). Choose [10] the correct option.**

17. Assertion (A): Nutrients are components of food.

Reason (R): Main nutrients are carbohydrates, proteins, fats, vitamins and minerals.

- (A) Both (A) and (R) are true and (R) is the correct explanation of (A).
(B) Both (A) and (R) are true and (R) is not the correct explanation of (A).
(C) (A) is true but (R) is false.
(D) (A) is false but (R) is true.

Ans. : (B) Both (A) and (R) are true and (R) is not the correct explanation of (A).

18. Assertion (A): Vitamins are required in very small quantities and protect our body against diseases.



Reason (R): They provide energy.

(A) Both (A) and (R) are true and (R) is the correct explanation of (A).

(B) Both (A) and (R) are true and (R) is not the correct explanation of (A).

(C) (A) is true but (R) is false.

(D) (A) is false but (R) is true.

Ans. : (C) (A) is true but (R) is false.

19. Assertion (A): The fibrous substances in our food are called roughage.

Reason (R): They provide nutrients to our body.

(A) Both (A) and (R) are true and (R) is the correct explanation of (A).

(B) Both (A) and (R) are true and (R) is not the correct explanation of (A).

(C) (A) is true but (R) is false.

(D) (A) is false but (R) is true.

Ans. : (C) (A) is true but (R) is false.

20. Assertion (A): Scurvy is a type of disease that occurs due to the deprivation of vitamin 'D'.

Reason (R): Bleeding gums is the symptom of scurvy.

(A) Both (A) and (R) are true and (R) is the correct explanation of (A).

(B) Both (A) and (R) are true and (R) is not the correct explanation of (A).

(C) (A) is true but (R) is false.

(D) (A) is false but (R) is true.

Ans. : (D) (A) is false but (R) is true.

21. Assertion (A): Water is an essential part of our diet.

Reason (R): Water helps the body absorb nutrients from food.

(A) Both (A) and (R) are true and (R) is the correct explanation of (A).

(B) Both (A) and (R) are true and (R) is not the correct explanation of (A).

(C) (A) is true but (R) is false.

(D) (A) is false but (R) is true.

Ans.: (A) Both (A) and (R) are true and (R) is the correct explanation of (A).

22. Assertion (A) : Our body needs dietary fibres or roughage.

Reason : Roughage helps our body get rid of undigested food.

(A) Both (A) and (R) are true and (R) is the correct explanation of (A).

(B) Both (A) and (R) are true and (R) is not the correct explanation of (A).

(C) (A) is true but (R) is false.

(D) (A) is false but (R) is true.

Ans.: (A) Both (A) and (R) are true and (R) is the correct explanation of (A).



23. Assertion (A) : Protein is needed for the growth of our body.

Reason : Proteins can be obtained from plants as well as animal foods.

- (A) Both (A) and (R) are true and (R) is the correct explanation of (A).
- (B) Both (A) and (R) are true and (R) is not the correct explanation of (A).
- (C) (A) is true but (R) is false.
- (D) (A) is false but (R) is true.

Ans. : (B) Both (A) and (R) are true and (R) is not the correct explanation of (A).

24. Assertion (A) : Fats have less energy as compared to the same amount of carbohydrates.

Reason : Fats are obtained either from animals and from plants.

- (A) Both (A) and (R) are true and (R) is the correct explanation of (A).
- (B) Both (A) and (R) are true and (R) is not the correct explanation of (A).
- (C) (A) is true but (R) is false.
- (D) (A) is false but (R) is true.

Ans. : (D) (A) is false but (R) is true.

25. Assertion (A) : Vitamins are essential for the growth and maintenance of our body.

Reason : Our body can make only two vitamins, vitamin (D) and K.

- (A) Both (A) and (R) are true and (R) is the correct explanation of (A).
- (B) Both (A) and (R) are true and (R) is not the correct explanation of (A).
- (C) (A) is true but (R) is false.
- (D) (A) is false but (R) is true.

Ans. : (B) Both (A) and (R) are true and (R) is not the correct explanation of (A).

26. Assertion (A) : Vitamin A promotes growth, helps normal night vision.

Reason : Vitamin D aids normal reproduction.

- (A) Both (A) and (R) are true and (R) is the correct explanation of (A).
- (B) Both (A) and (R) are true and (R) is not the correct explanation of (A).
- (C) (A) is true but (R) is false.
- (D) (A) is false but (R) is true.

Ans. : (C) (A) is true but (R) is false.

* **Fill In The Blanks With Correct Alternative.**

[23]

27. The nutrient which provides us energy to keep our body warm is _____.

Ans. : fat

28. The body-building nutrient is _____.



Ans. : protein

29. Starch gives _____ colour with iodine.

Ans. : blue-black

30. An oily patch on white paper shows the presence of _____.

Ans. : fat

31. Amla is the best source of Vitamin _____.

Ans. : C

32. Deficiency of Vitamin B₁ causes a disease known as _____.

Ans. : beriberi

33. The main carbohydrates found in our food are _____ and _____.

Ans. : starch, sugars

34. Components of food are called _____.

Ans. : nutrients

35. Groundnuts are rich in _____.

Ans. : fats

36. Iodine solution changes the colour of _____ into blue-black.

Ans. : starch

37. Raw potato is a very good source of _____.

Ans. : starch

38. _____ are needed for growth and repair of our body.

Ans. : proteins

39. Rickets is the disease caused by the deficiency of Vitamin _____.

Ans. : D

40. Deficiency of iron in the diet causes a disease known as _____.

Ans. : anaemia

41. _____ is caused by deficiency of vitamin D.

Ans. : Rickets

42. Deficiency of vitamin C causes a disease known as _____.

Ans. : scurvy

43. A energy producing component of food is _____.

Ans. : carbohydrate

44. A diet containing all nutrients in the required proportions is called _____.

Ans. : balanced diet



45. The carbohydrates which is not digested by our body is _____.

Ans. : cellulose

46. Deficiency disease can be prevented by eating a _____ diet.

Ans. : balanced

47. Lemon and oranges help in curing _____ disease.

Ans. : scurvy

48. The distance travelled by a food item from the place of its production to the consumer is called _____ .

Ans. : fixed miles

49. Millets are known as _____ because they provide most of the nutrients required for the normal functioning of our bodies.

Ans. : nutri-cereals

*** State Whether The Sentences Are True Or False.[1 Marks Each]**

[22]

50. The components that are needed by our body are called nutrients.

Ans. : True

51. Roughage is a very good source of energy.

Ans. : False

52. Carbohydrates are called body building food.

Ans. : False, carbohydrates are the energy giving foods. They give us energy to carry out all functions of the body.

53. Beriberi is caused by the deficiency of Vitamin D.

Ans. : False

54. Scurvy is caused by the deficiency of Vitamin B_1 .

Ans. : False

55. The disease caused by the deficiency of Vitamin A is called night blindness.

Ans. : True

56. Ghee and various kinds of oils are grouped under fats.

Ans. : True

57. The richest source of energy are fats.

Ans. : True

58. Proteins are called energy giving food.

Ans. : False, proteins are called as body building foods as they help in the growth and maintenance of the body.



59. Amla is the richest source of Vitamin A.

Ans. : False

60. Vitamins and minerals protect our body from diseases.

Ans. : True

61. A diet which contains all the components of food in a proper ratio is called balanced diet.

Ans. : True

62. A diet containing all the nutrients in their proper quantities is known as the balanced diet.

Ans. : True

63. Vitamins are body-building and energy giving foods.

Ans. : False

64. Carbohydrates are the compounds that have sweet taste.

Ans. : True

65. Calcium is essential for healthy development of bones and teeth.

Ans. : True

66. Our body needs 2-3 litres of water every day.

Ans. : True

67. Soyabean, pea, milk, egg, meat are the sources of carbohydrates.

Ans. : False

68. Almonds are the main and the cheapest source of energy for body.

Ans. : False

69. Grapes are better fruit than banana.

Ans. : False

70. Junk foods are unhealthy as they contain high levels of sugarcane fats but protein and minerals.

Ans. : True

71. Culinary practices have changed over time.

Ans. : True

*** Answer The Following Questions In One Sentence.[1 Marks Each]**

[50]

72. What is food?

Ans. : Food is a basic requirement for all living organisms. It provides energy for carrying out all the daily activities.



73. How do you know that you are hungry?

Ans. : We can feel the urge to eat in our stomach when we are hungry.

74. Why is there diversity in food in different states of India?

Ans. : There is diversity in food in different states of India because of diversity in soil, climate, culture, traditions, ethnic groups and occupations.

75. Do you think that all living beings need the same kind of food?

Ans. : No, all living beings do not need same kind of food.

76. What do you call the habit of an individual to eat a particular type of food items commonly?

Ans. : Food habit.

77. Compare your food habits. with food habits of your friend who lives in Tamil Nadu.

Ans. : My food habit: Chapatti, pulses, lassi, rice, vegetables, mustard oil. Food habit of my friend: Idli, dosa, sambhar, vada, rasam, upma and coconut oil, etc.

78. Name the major nutrients in our food.

Ans. : The major nutrients in our food are Carbohydrates, Proteins, Fats, Vitamins, Minerals and dietary fibers

79. Name the food materials which contain fat.

Ans. : The food materials which contain fat are:

- Ghee
- Butter
- Oil

80. What are nutrients?

Ans. : The components of food that are necessary for growth and development of our body are called nutrients.

81. What is nutrition?

Ans. : The process of taking nutrients from our food for the growth and development of body and to obtain energy is known as nutrition.

82. Name two nutrients which protect the body from diseases.

Ans. : The two nutrients which protect the body from diseases are vitamins and minerals.

83. Why do you think a marathon runner drinks glucose water during and after a race?

Ans. : Glucose provides instant energy. Glucose is an example of a carbohydrate. Carbohydrates are one of the primary sources of energy in our diet.

84. What is dietary fiber?



Ans. : Dietary fibers are the plant derived food that cannot be completely broken down by the human digestive system. For example- vegetables, fruits, whole grain oats etc.

85. Name the food rich in proteins.

Ans. : The food rich in proteins are pulses, beans, peas, nuts, chicken, fish, milk, cheese etc.

86. Why should we eat cooked food?

Ans. : We should eat cooked food because by cooking we can kill harmful germs and make it germless. Cooked food can be easily digested and absorbed by our body. Cooking also improves the taste of food.

87. Define deficiency diseases.

Ans. : A disease caused by the lack of an element in the diet like vitamin or mineral is known as a deficiency disease. For example- scurvy, rickets etc.

88. What are the symptoms of carbohydrate deficiency?

Ans. : The symptoms of deficiency of carbohydrates are:

- Nausea
- Fatigue
- Dehydration
- Lack of energy and stamina etc.

89. What is dehydration?

Ans. : Dehydration is the condition when your body loses more fluid than you take in. Basically, excess loss of water from the body leads to dehydration.

90. Why should a meal have different food items?

Ans. : A meal should have different food items because our body needs different kinds of nutrients for proper functioning.

91. Which type of food is called body-building food?

Ans. : The food containing proteins is called body-building food.

92. People who eat seafood do not suffer from Goitre Explain.

Ans. : It is so because sea-food is a rich source of Iodine and Goitre is a deficiency disease caused due to lack of Iodine.

93. Write the functions of water in our body.

Ans. : Water helps our body to absorb nutrients from the food. It also helps in removing the waste from the body in the form of urine and sweat. We get water from various types of liquids, fruits and vegetables. '

94. What is goitre?



Ans. : Swelling at the front of the neck is a symptom of a disease called goitre, which is caused by deficiency of iodine.

95. Which of the following food items does not provide any nutrient? Milk, Water, Orange juice, Tomato soup.

Ans. : Water does not provide any nutrient.

96. How will you test for starch in a food sample?

Ans. : → Take a small quantity of food samples.

→ Then add 2-3 drops of iodine solution to it.

→ The appearance of a blue-black color indicates that the food sample contains starch.

97. What happens when two or more drops of iodine solution fall on starch substance?

Ans. : The color of the substance becomes blue-black.

98. If any food item gives blue- black color with iodine then which nutrient is present in the food?

Ans. : Starch.

99. Write test for detecting, presence of fat.

Ans. : Take small quantity of the food item. Rub it on a piece of white paper. Observe carefully, you will find that the piece of white paper shows an oily patch on it which indicates that the food item contains fat.

100. Can junk food be consumed occasionally?

Ans. : Occasional consumption of junk food is generally okay as part of a balanced diet. However, it should be limited to avoid its negative health effects.

101. What are millets?

Ans. : Millets are small-seeded grains that belong to the grass family. They are widely grown around the world and are known for their nutritional benefits.

102. What are the nutritional benefits of millets?

Ans. : They are good sources of vitamins, minerals like iron and calcium, and dietary fibers as well. That is the reason they are also called nutri-cereals.

103. How can millets be used in cooking?

Ans. : Millets can be cooked similar to rice and used in various dishes such as porridge, salads, and even baked goods like bread and cookies.

104. What are food miles?

Ans. : Food miles refer to the distance food travels from where it is grown or produced to where it is consumed.



105. How do food miles affect the environment?

Ans. : Food miles contribute to carbon emissions and pollution from transportation vehicles, impacting air quality and contributing to climate change.

106. What are some ways to reduce food miles?

Ans. : Buying locally grown or produced food, supporting farmers markets, and choosing seasonal produce are ways to reduce food miles.

107. Give an example of a food item with high food miles and one with low food miles.

Ans. : (1). High food miles example: Fresh strawberries imported from another continent.

(2). Low food miles example: Apples grown in a nearby orchard and sold at a local farmers' market.

108. What are some examples of foods that are typically imported from other countries?

Ans. : Examples may include tropical fruits like bananas or mangoes, coffee, tea, and certain spices.

109. A teacher says that good food may act as medicine. Ravi is curious about this statement and has some questions for his teacher. List at least two questions that he can ask.

Ans. : The two questions that Ravi may ask are as follows

(i) How does consuming certain food help in curing diseases?

(ii) Can you give examples of food that act as natural medicine?

110. You are provided the following:

(i) Canned fruit juice

(ii) Fresh fruit juice

(iii) Fresh fruit

Which one would you prefer and why?

Ans. : Fresh fruit is preferred as it provides the most nutrients, fiber and is free from added sugars and preservatives which are found in canned or processed juices. Fresh fruit juice lacks pulp in them which makes them less nutritive.

111. You are given a sample of a solution. How would you check the possibility of it being an iodine solution?

Ans. : Add the solution to a starch-containing food item like potato. If it turns blue-black, the solution is likely to be iodine.

112. Name the disease caused due to the deficiency of Vitamin B_1 .

Ans. : Beriberi

113. Write the two components of food which provide energy.



Ans. : i. Carbohydrates

ii. Fats

114. Name the component of food which is called body-building food.

Ans. : Proteins

115. Write two sources of proteins in our food.

Ans. : 1. Pulses

2. Eggs/Milk

116. What is the main symptom of the disease beriberi?

Ans. : Swelling, tingling or burning sensation in feet and hands.

117. List five sources of roughage.

Ans. : Green leafy vegetables, fresh fruits, whole grains, pulses and nuts.

118. A food item gives blue-black colour with iodine. Which nutrient is present in the food?

Ans. : Starch

119. Which mineral is necessary for the formation of haemoglobin?

Ans. : Iron

120. Which food item provides both proteins and iodine?

Ans. : Fish

121. Roughage does not provide energy yet it is very essential component of food. Why?

Ans. : Roughage is necessary for the removal of undigested food from the body.

*** Answer The Following Questions In Short.[2 Marks Each]**

[34]

122. Mention whether following culinary practices are traditional/modern,

(a) Chulha

(b) Sil-batta

(c) Electrical grinder

(d) Modern gas stove

Ans. : (a) Chulha: Traditional culinary practice

(b) Sil-batta (stone grinder): Traditional culinary practice

(c) Electrical grinder: Modern culinary practice

(d) Modern gas stove: Modern culinary practice

123. Explain the importance of food for living organisms.

Ans. : Importance of food is:

→ It provides energy to do various activities.

→ It helps in growth.



→ It helps to repair and replace damaged parts of the body.

→ It protects us from infections and diseases.

124. What are the significant differences between traditional and modern culinary practices?

Ans. : Earlier, most cooking was done using a chulha. Nowadays, most of us cook using a modern gas stove. Earlier, most grinding was done manually using a sil-batta. These days, we use an electrical grinder for ease of grinding.

125. Name any 2 vitamins, their sources and deficiency diseases caused by them.

Ans. : The two vitamins are:

Vitamin C:

It is needed by the body to fight diseases. Deficiency of vitamin C can cause scurvy, a disease that is characterized by bleeding gums, skin spots and swelling in joints. Foods rich in vitamin C sources are amla, guava, Citrus fruits, etc.

Vitamin A:

It is important for normal vision, growth and a healthy immune system. The deficiency of vitamin A can cause night blindness, poor vision. Foods rich in vitamin A sources are papaya, carrot, milk, mango, etc.

126. How can you test presence of proteins in a given food item?

Ans. : Take a small quantity of the food item. If the sample is solid, grind it. Put some part of this in a clean test tube, add 10 drops of water to it and shake the test tube. Now, with the help of a dropper, add two drops of solution of copper sulphate and 10 drops of solution of caustic soda to the test tube. Shake well and place the test tube in test tube stand for a few minutes. Observe color of the contents of test tube. If color of the contents turns violet, the food item contains protein.

Food + water + copper sulphate + caustic soda → violet color → protein is present.

127. What is a balanced diet? Write the components of balanced diet.

Ans. : A diet which provides the right proportion of all the nutrients that our body needs along with roughage and water is called balanced diet. The various components of balanced diet are carbohydrates, fats, proteins, vitamins, minerals, roughage and water.

128. What is junk food?

Ans. : Some foods have high calories due to high sugar and fat content. Moreover, they contain very low amounts of proteins, minerals, vitamins, and dietary fibers. These foods are called junk foods. For example : Pizza, burger, chips and cold drinks etc.

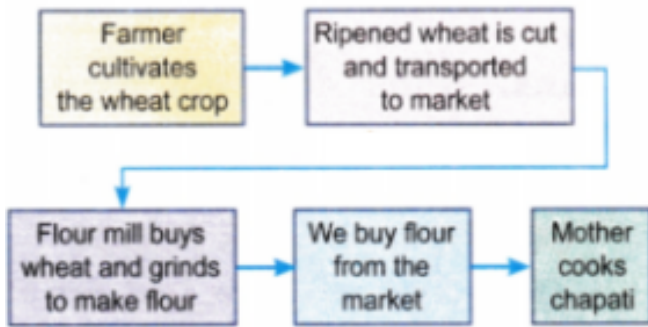
129. What are the health risks of consuming junk food?

Ans. : Junk food tends to be high in calories, unhealthy fats, sugars, and sodium, while lacking essential nutrients. Regular consumption can lead to weight gain,

increased risk of heart disease, diabetes, and other health problems.

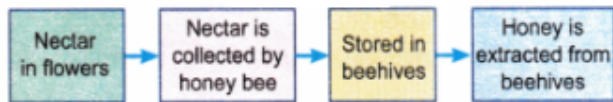
130. With the help of a flowchart, show various contributors involved when we eat a chapati.

Ans. :



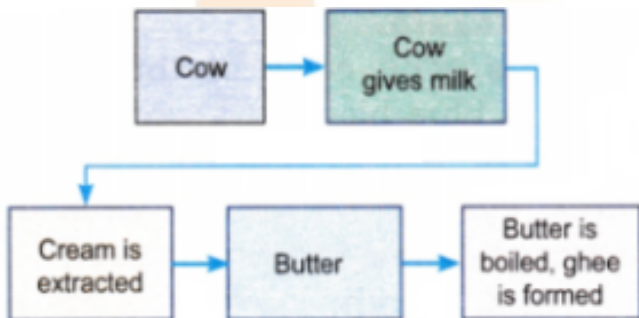
131. Make flowchart for the preparation of honey.

Ans. :



132. Make flowchart for the preparation of ghee.

Ans. :



133. Pick the odd one out and give reasons:

(i) Jowar, Bajra, Ragi, Chana.

(ii) Kidney beans, Green gram, Soya bean, Rice.

Ans. : (i) Jowar, bajra and ragi are millets, while chana is a type of pulse.

(ii) Kidney beans, green gram and soyabean are pulses, while rice is a cereal crop.

134. Not all delicious foods are necessarily healthy, while not all nutritious foods are always enjoyable. Share your thoughts along with a few examples.

Ans. : Delicious food like chips, candy bars and carbonated drinks are often high in sugar and fats, but low in nutrients. Nutritious foods like green leafy vegetables, beans may not be enjoyable, but are essential for good health. Balancing taste and nutrition is key to a healthy diet.

135. Medu does not eat vegetables, but enjoys biscuits, noodles and white bread. He often has stomach ache and constipation. What changes should he make in his diet to get rid of these problems? Explain your answer.

Ans. : Medu should include more vegetables, fruits and whole grains in his diet to increase fiber intake which will help in digestion and prevent constipation. He also needs to reduce the intake of processed food like biscuits, white bread and noodles.

136. Sugar is an example of carbohydrates. Sugar is tested with iodine solution, but it does not change to blue-black colour. What can be a possible reason?

Ans. : The iodine test specifically detects starch, a type of carbohydrate, not simple sugars like glucose.

137. While using iodine in the laboratory, a few drops of iodine fell on Mishti's socks and a few fell on her teacher's saree.

The drops of iodine on the saree turned blue-black while the colour on the socks did not change. What can be a possible reason?

Ans. : The saree may contain starch or be made of natural fibers that react with iodine, while the socks may be synthetic and do not contain starch.

138. Why are millets considered a healthy choice of food? Can eating just millets suffice for the nutritional requirements of the body? Discuss.

Ans. : Millets are rich in vitamins, minerals and dietary fibers, making them a healthy choice.

However, a balanced diet requires a variety of nutrients, so relying solely on millets may not meet all nutritional needs.

*** Answer The Following Questions In Brief.**

[12]

139. Gaurav got a fracture in his leg. His doctor aligned the bones and put on a plaster. The doctor also gave him calcium tablets. On the second visit, the doctor gave him vitamin-D syrup along with calcium tablets. Refer to the table-given below and answer the following questions.

Student Bro



Food components (Vitamin/Mineral)	Functions	Some sources	Deficiency diseases/disorders	Symptoms
Vitamin-A	Keeps eyes and skin healthy.	Papaya, carrot, mango, milk	Loss of vision	Poor vision, loss of vision in darkness (night blindness), sometimes complete loss of vision.
Vitamin-B ₁	Keeps heart healthy and supports body to perform various functions.	Legumes, nuts, whole grains, seeds, milk products.	Beri-beri	Swelling, tingling or burning sensation in feet and hands, trouble in breathing.
Vitamin-C	Helps body to fight diseases.	Amla, guava, green chilli, orange, lemon.	Scurvy	Bleeding gums, slow healing of wounds.
Vitamin-D	Helps body absorb calcium for bone and teeth health.	Exposure to sunlight, milk, butter, fish, eggs.	Rickets	Soft and bent bones.
Calcium	Keeps bones and teeth healthy.	Milk/soya milk, curd, cheese, paneer.	Bone and tooth decay	Weak bones, tooth decay.
Iodine	Helps to perform physical and mental activities.	Seaweed, water chestnut. (singhada), iodised salt	Goitre	Swelling at the front of the neck
Iron	Important component of blood.	Green leafy vegetables, beetroot, pomegranate	Anaemia	Weakness, shortness of breath.

- (i) Why did the doctor give calcium tablets to Gaurav?
(ii) On the second visit, why did the doctor give vitamin-D syrup along with calcium tablets?
(iii) What question arises in your mind about the choices made by the doctor in giving the medicines?

Ans. : (i) The doctor gave calcium tablets to Gaurav because calcium tablets help in bone healing and strengthening.

(ii) On the second visit doctor gave vitamin-D syrup along with calcium tablets because vitamin-D helps in the absorption of calcium in the body.

(iii) Why do Dr. recommend calcium in bone fracture and why is vitamin-D necessary for calcium absorption?

140. Discuss traditional versus modern culinary practices in India.

Ans. : Cooking practices, also called culinary practices, have changed over time. Earlier, most cooking was done using chulha and spices were grinded using Silbatta. Modern practices use gas stoves, electric grinders and other kitchen appliances. These changes are due to technological advancements, improved transportation and convenience.

141. Reshma has trouble seeing things in dim light. The doctor tested her eyesight and prescribed a particular vitamin supplement. He also advised her to include a few food items in her diet.

(i) Which deficiency disease is she suffering from?

(ii) Which food component may be lacking in her diet?

(iii) Suggest some food items that she should include in her diet to overcome this problem (any four).



- Ans. :** (i) Reshma is suffering from night blindness.
(ii) Vitamin-A is lacking in her diet.
(iii) She should add milk, carrot, papaya, spinach in her diet.

142. What do you think of Raman's statement, "All starches are carbohydrates, but not all carbohydrates are starches." Describe the design of an activity to test your answer.

Ans. : Raman's statement is correct. To test this, perform the iodine test on different carbohydrates like rice (starch) and sugar (non-starch). Only rice will turn blue-black, confirming the presence of starch. Therefore, confirming the fact that all starches are carbohydrates, but not all carbohydrates are starches.

* Match the following.

[10]

143.

Column A	Column B
Q.1. Starch	A. Oils
Q.2. Fats	B. Vitamin C
Q.3. Pulses	C. Vitamin A
Q.4. Scurvy	D. Proteins
Q.5. Night blindness	E. Carbohydrates

Ans. :

Column A	Column B
1. Starch	E. Carbohydrates
2. Fats	A. Oils
3. Pulses	D. Proteins
4. Scurvy	B. Vitamin C
5. Night blindness	C. Vitamin A

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Column A	Column B
Q.1. Proportionate components in food	A. Roughage
Q.2. Vitamin B1	B. Iron
Q.3. Fibrous substances	C. Balanced diet
Q.4. Deficiency of iodine	D. Beriberi
Q.5. Anaemia	E. Goitre

Ans. :

Column A	Column B
1. Proportionate components in food	C. Balanced diet
2. Vitamin B1	D. Beriberi
3. Fibrous substances	A. Roughage
4. Deficiency of iodine	E. Goitre
5. Anaemia	B. Iron

