

Name:

Date:

01. Night blindness is caused by the deficiency of  
(a). Vitamin C            (b). Vitamin K            (c). Vitamin D            (d). Vitamin A
02. Weak bones and tooth decay is caused by the deficiency of  
(a). Carbohydrates      (b). Proteins            (c). Calcium            (d). Vitamin A
03. Iodine solution is used to test  
(a). Protein            (b). Starch            (c). Fats            (d). Vitamin D
04. Which vitamin is destroyed during heating?  
(a). Vitamin C            (b). Vitamin A            (c). Vitamin K            (d). Vitamin D
05. The component of food that has no nutritive value is  
(a). Vitamins            (b). Carbohydrates      (c). Proteins            (d). Roughage
06. Butter & Ghee are the major source of  
(a). Fats            (b). Minerals            (c). Proteins            (d). Roughage
07. Which mineral is required for the formation of hemoglobin?  
(a). Calcium            (b). Iron            (c). Iodine            (d). Magnesium
08. Water forms about ----- % of our body.  
(a). 50            (b). 60            (c). 70            (d). 80
09. Marasmus is common in infants below  
(a). 10 years            (b). 5 years            (c). 3 years            (d). 1 years
10. If a person is not getting sufficient amount of food as per his body needs, is suffering from  
(a). Malnutrition            (b). Under-nutrition      (c). Anemia            (d). Osteomalacia
11. Fats provide much more energy as the same amount of  
(a). Protein            (b). Vitamins            (c). Carbohydrates      (d). Roughage
12. A hard working labourer, who does lot of physical work, needs more of  
(a). Carbohydrates and fats            (b). Protein and vitamins  
(c). Minerals and vitamins            (d). Carbohydrates and minerals
13. Excess eating of fat in the food causes  
(a). Malnutrition            (b). Obesity            (c). Deficiency disease      (d). Goiter
14. To test the presence of protein in food  
(a). Copper sulphate and caustic soda is used      (b). Iodine solution and caustic soda is used  
(c). Iron sulphate and iodine is used            (d). Washing soda and nitric acid is used
15. Infant need more of  
(a). Vitamins and proteins            (b). Fat and carbohydrates  
(c). Carbohydrates and minerals            (d). Carbohydrates and vitamins
16. Beri-Beri is caused by deficiency of  
(a). Vitamin D            (b). Thiamin            (c). Vitamin A            (d). Vitamin C

**Q01.** Match the followings:

**Column A**

- (a). Vitamin A
- (b). Vitamin C
- (c). Vitamin D
- (d). Vitamin B1
- (e). Rich in proteins

**Column B**

- i. Beri-Beri
- ii. Rickets
- iii. Scurvy
- iv. meat, egg, fish
- v. Night blindness

**Column A**

- (a). Anemia
- (b). Scurvy
- (c). Goitre
- (d). Night Blindness
- (e). Rickets

**Column B**

- i. iodine
- ii. Vitamin D
- iii. Vitamin A
- iv. Vitamin C
- v. Iron

**Column A**

- (a). Fish
- (b). Water melon
- (c). Milk
- (d). Butter
- (e). Potato

**Column B**

- i. Calcium
- ii. Fat
- iii. Protein
- iv. Carbohydrates
- v. Water

**Column A**

- (a). Energy giving food
- (b). Body building food
- (c). Protective food
- (d). Plant fibre
- (e). Junk food

**Column B**

- i. Vitamins and minerals
- ii. Carbohydrates
- iii. Proteins
- iv. Pizzas
- v. Roughage

**Q02.** Select the T for true and F for false statement.

- (a). We can live without water.
- (b). Potato, sweet potato is rich in carbohydrates.
- (c). Goitre is caused due to deficiency of iodine in our diet.
- (d). A diet that supplies enough calories is balanced diet.
- (e). Vitamins protect us from disease.

**Q03.** Fill in the blanks.

- (a). Lack of vitamins and minerals in our diet causes several ----- diseases.
- (b). Pulses are rich in -----.
- (c). Carbohydrates provide ----- to the body.
- (d). Goitre is caused due to deficiency of ----- in our diet.
- (e). ----- is called sunshine vitamin.

## D CUBE AURA

(f). Sea food is a rich source of -----.

(g). Proper functioning of our digestive system is due to the presence of----- in our diet.

(h). Over eating of fried food and fatty food items causes-----.

(i). ----- is caused due to the deficiency of vitamin D.

**Q04.** What are main components of food?

**Q05.** Why are fats important for the body?

**Q06.** Define balanced diet? Is this same for all persons.

**Q07.** Why should our diet contain sufficient fibres in it?

**Q08.** What is malnutrition? Name two disease caused by it.

**Q09.** If a boy consumes only rice and potato in his daily diet, how will it affect him?

**Q10.** Is the excess intake of fats healthy? Why?

**Q11.** What is PEM? Write two reasons for it?

**Q12.** What are symptoms of Scurvy? Which vitamins cause this disease?

**Q13.** Mention the food constituents which may be lacking in one's diet, in case of the following:

(a). A person suffering from anaemia.

(b). A boy suffering from poor eye sight.

(c). A child suffering from marasmus

(d). A lady suffering from goitre

**Q14.** Decide which of these gives more nutrients? Why.

(a). Dalia or noodles

(b). Fruit juice or cold drink

(c). Vegetables and fruits with peels or without peels

(d). Chapattis of wheat or Maida.

**Q15.** What happens when we eat a lot of fried food?

**Q16.** Minerals and vitamins are required in very small quantities but important for good health. Why?

**Q17.** What are junk foods? Why should we avoid them?

**Q18.** Tasty food is not always nutritious and nutritious food may not always be tasty to eat. Comment with examples.

**Q19.** While using iodine in the laboratory, some drops of iodine fell on Paheli's socks and some fell on her teacher's saree. The drops of iodine on the saree turned blue black while their colour did not change on the socks. What can be the possible reason?

**Q20.** Paheli and Boojho peeled some potatoes and cut them into small pieces. They washed and boiled them in water. They threw away the excess water and fried them in oil adding salt and spices. Although the potato dish tasted very good, its nutrient value was less. Suggest a method of cooking potatoes that will not lower the nutrients in them.

**Q21.** Paheli avoids eating vegetables but likes to eat biscuits, noodles and white bread. She frequently complains of stomach ache and constipation. What are the food items that she should include in her diet to get rid of the problem? Give reason for your answer.

**Q22.** (a) List all those components of food that provide nutrients.

(b) Mention two components of food that do not provide nutrients.

**Q23.** 'Minerals and vitamins are needed in very small quantities by our body as compared to other components, yet, they are an important part of a balanced diet.' Explain the statement.

**Q24.** 'Water does not provide nutrients, yet it is an important component of food.' Explain?

**Q18.** Solve the crossed puzzle with the help of clues.

**Across**

1. A protective foo(d).
3. Rich source of Vitamin (C).
6. This parts of the body require vitamin D for growth.
8. A grain that is a rich source of carbohydrates.
10. A source of vitamin (D).

**Down**

1. A rich source of vitamin A&(B).
2. They are parts of proteins.
4. Animal product rich in fats.
5. Need vitamin A for development.
7. Fruit containing vitamins.
9. A mineral required for hemoglobin.
10. A source of sucrose.

1.			E		2. A		
3.		4.					5.
7.		A		6.	O		
			8. R				S
		9.					
10.					S		