

Components of Food

Question 1.

Diseases that occur due to lack of nutrients over a long period are called disease.

- (a) scurvy
- (b) deficiency
- (c) Beri-Beri
- (d) none of these

▼ [Answer](#)

(b) deficiency

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

Question 2.

Repeated washing of rice and pulses may remove some and present in them.

- (a) vitamins
- (b) minerals
- (c) both (a) and (b)
- (d) none of these

▼ [Answer](#)

(c) both (a) and (b)

Repeated washing of rice and pulses may remove vitamins and minerals present in them.

Question 3.

get lost in the process of cooking and preparations.

- (a) Nutrients
- (b) Oil
- (c) Taste
- (d) Spices

▼ [Answer](#)

(a) Nutrients

Nutrients get lost in the process of cooking and preparations.

Question 4.

What happen if excess water is used during cooking and is then thrown away ?

- (a) tastes is lost
- (b) Oil is lost

- (c) Many useful proteins and considerable amount of minerals are lost
- (d) None of these

▼ [Answer](#)

(c) Many useful proteins and considerable amount of minerals are lost
Many useful proteins and considerable amount of minerals are lost if excess water is used.

Question 5.

How do we get most of the water that our body needs ?

- (a) The liquid we drink-such as water, milk, tea
- (b) We add water to most cooked food
- (c) Many food materials that we eat themselves contain water
- (d) All of these

▼ [Answer](#)

(d) All of these
Through all of these given statements we get most of water, that our body needs.

Question 6.

How many meals does a child take everyday ?

- (a) 7
- (b) 4
- (c) 3
- (d) none of these

▼ [Answer](#)

(c) 3
A child takes 3 meals everyday.

Question 7.

What food items we eat in our lunch ?

- (a) Curd, Roti, Dal
- (b) Biscuit, milk
- (c) Only fruit
- (d) All of these

▼ [Answer](#)

(a) Curd, Roti, Dal
We eat curd, roti, dal in our breakfast.

Question 8.

How many groups can be classified of nutrients required by our body ?

- (a) 7
- (b) 4

- (c) 3
- (d) 8

▼ [Answer](#)

- (a) 7

7 groups can be classified as nutrients required by our body.

Question 9.

..... are made up of carbon, hydrogen and oxygen.

- (a) Vitamins
- (b) Calcium
- (c) Proteins
- (d) Carbohydrates

▼ [Answer](#)

- (d) Carbohydrates

Carbohydrates are made up of carbon, hydrogen and oxygen.

Question 10.

The excess carbohydrates are mainly stored in the body as:

- (a) calcium
- (b) proteins
- (c) fats
- (d) roughage

▼ [Answer](#)

- (c) fats

The excess carbohydrates are mainly stored in the body as fats.

Question 11.

Carbohydrates are present in the form of:

- (a) sugar
- (b) starch
- (c) both (a) and (b)
- (d) none of these

▼ [Answer](#)

- (c) both (a) and (b)

Carbohydrates are present in the form of sugar and starch.

Question 12.

The human body is made up of amino acids and constitute all proteins of the body.

- (a) 10
- (b) 20

- (c) 30
- (d) 15

▼ [Answer](#)

(b) 20
The human body is made up of 20 amino acids.

Question 13.
..... are body building foods.

- (a) Fats
- (b) Calcium
- (c) Vitamins
- (d) Proteins

▼ [Answer](#)

(d) Proteins
Proteins are body building foods.

Question 14.
What is the similarities of carbohydrates and fats ?

- (a) both have sugar
- (b) both have starch
- (c) both have oxygen, carbon and hydrogen
- (d) all of these

▼ [Answer](#)

(c) both have oxygen, carbon and hydrogen
Both have oxygen, carbon and hydrogen.

Question 15.
What is the main difference between carbohydrates and fats?

- (a) the amount of oxygen is less in fats as compared to carbohydrates
- (b) the amount of oxygen is more in fats as compared to carbohydrates
- (c) the amount of oxygen is same in fats as compared to carbohydrates
- (d) none of these

▼ [Answer](#)

(a) the amount of oxygen is less in fats as compared to carbohydrates
The amount of oxygen is less in fats as compared to carbohydrates.

Question 16.
Vitamins are required in amounts, but are essential for the proper functioning of the body.
(a) big

- (b) large
- (c) small
- (d) none of these

▼ [Answer](#)

- (c) small

Vitamins are required in small amounts, but are essential for the proper functioning of the body.

Question 17.

About vitamins are needed by our body.

- (a) 45
- (b) 15
- (c) 35
- (d) 25

▼ [Answer](#)

- (b) 15

About 15 vitamins are needed by our body.

Question 18.

Each vitamins has a function.

- (a) normal
- (b) same
- (c) specific
- (d) all of these

▼ [Answer](#)

- (c) specific

Each vitamins has a specific functions.

Question 19.

How many major vitamins are needed by our body ?

- (a) 5
- (b) 4
- (c) 3
- (d) 7

▼ [Answer](#)

- (a) 5

5 major vitamins are needed by our body.

Question 20.

..... are extracted from the earth by mining.

- (a) Vitamins
- (b) Fats
- (c) Calcium
- (d) Minerals

▼ [Answer](#)

(d) Minerals
Minerals are extracted from the earth by mining.

Question 21.

How many minerals are needed for proper growth and functioning of the body ?

- (a) 10
- (b) 20
- (c) 21
- (d) 15

▼ [Answer](#)

(c) 21
About 21 minerals are needed for proper growth and functioning of the body.

Question 22.

The plant products like acts as roughage.

- (a) glucose
- (b) cellulose
- (c) both (a) and (b)
- (d) none of these

▼ [Answer](#)

(b) cellulose
The plant products like cellulose acts as roughage.

Question 23.

..... is the most essential parts of our body,

- (a) Milk
- (b) Juice
- (c) Tea
- (d) Water

▼ [Answer](#)

(d) Water
Water is most essential parts of our body.

Question 24.

About of the human body weight contains water.

- (a) 70%
- (b) 80%
- (c) 90%
- (d) 75%

▼ [Answer](#)

(a) 70%
About 70% of human body weight contains water.

Question 25.

Write the full form of PCM.

- (a) Proteins Calcium Malnutrition
- (b) Proteins Calorie Malnutrition
- (c) Proteins Carbohydrates Mai* nutrition
- (d) None of these

▼ [Answer](#)

(b) Proteins Calorie Malnutrition
Proteins calorie malnutrition.

Question 26.

Over weight people are inactive and also .

- (a) handsome
- (b) smart
- (c) hard working
- (d) lethargic

▼ [Answer](#)

(d) lethargic
Over weight people are inactive and also lethargic.

Question 27.

Deficiency of vitamins in the body is known as .

- (a) avitaminosis
- (b) goitre
- (c) blindness
- (d) dry skin

▼ [Answer](#)

(a) avitaminosis
Deficiency of vitamins in the body is known as a vitamins.

Question 28.

Where is commonly goitre disease found ?

- (a) coastal areas
- (b) desert areas
- (c) hilly areas
- (d) none of these

▼ [Answer](#)

(c) hilly areas
Goitre is common in hilly areas.

Question 29.

An egg has a yellow (yolk) portion which is rich in:

- (a) proteins
- (b) vitamins
- (c) fats
- (d) calcium

▼ [Answer](#)

(c) fats
Yellow portion of an egg is rich in fats.

Question 30.

Which portion of an egg is rich in proteins?

- (a) white
- (b) yellow
- (c) shell
- (d) none of these

▼ [Answer](#)

(a) white
White portion of an egg is rich in proteins.

Question 31.

The egg is made of calcium carbonate, a mineral.

- (a) yolk portion
- (b) shell
- (c) albumini
- (d) none of these

▼ [Answer](#)

(b) shell
The egg shell is made of calcium carbonate, a mineral.

Question 32.

deficiency in birds leads to soft egg shells.

- (a) Vitamins
- (b) Fats
- (c) Calcium
- (d) None of these

▼ [Answer](#)

(c) Calcium
Calcium carbonate deficiency in birds leads to soft egg shells.

Question 33.

Goitre disease is common in hilly areas because of hills soil is poor in content.

- (a) mineral
- (b) vitamins
- (c) proteins
- (d) iodine

▼ [Answer](#)

(d) iodine
Because of the soil of hills is poor in iodine content.

Question 34.

Meat provide us all essential nutrients.

- (a) possible
- (b) impossible

▼ [Answer](#)

(b) impossible
No, meat does not provide us all essential nutrients.

Question 35.

Food basically contains three main substances (fats, proteins and carbohydrates) called.

- (a) Balanced diet
- (b) Nutrients
- (c) Roughage
- (d) None of these

▼ [Answer](#)

(b) Nutrients
Food contains three main substances (fats, proteins and carbohydrates) called nutrients.

Question 36.

gives energy to our body to work and play.

- (a) Fats
- (b) Proteins

- (c) Carbohydrates
- (d) Vitamins

▼ [Answer](#)

(c) Carbohydrates
Carbohydrates give energy to our body to work and play.

Question 37.
are the quick source of energy.

- (a) Fat
- (b) Proteins
- (c) Carbohydrates
- (d) Vitamins

▼ [Answer](#)

(c) Carbohydrates
Carbohydrates are the quick source of energy.

Question 38.
are required for growth and repairs worn out cells in our body.

- (a) Fat
- (b) Proteins
- (c) carbohydrates
- (d) Vitamins

▼ [Answer](#)

(b) Proteins
Proteins are required for growth and repairs worn out cells in our body.

Question 39.
Fats act as in our body.

- (a) fuels
- (b) roughage
- (c) both (a) and (b)
- (d) none of these

▼ [Answer](#)

(a) fuels
Fats act as fuel in our body.

Question 40.
Proteins help in building new

- (a) bones
- (b) skin

- (c) tissue
- (d) all of these

▼ [Answer](#)

(c) tissue
Proteins help in building new tissue.

Question 41.
are essential components of our diet.

- (a) Fats
- (b) Proteins
- (c) Carbohydrates
- (d) Vitamins

▼ [Answer](#)

(d) Vitamins
Vitamins are essential components of our diet.

Question 42.
prevents constipation.

- (a) fats
- (b) roughage
- (c) carbohydrates
- (d) vitamins

▼ [Answer](#)

(b) roughage
Roughage prevents constipation.

Question 43.
A diet containing all the nutrients and other components in required quantity is called diet.

- (a) balanced not required
- (b) nutrients
- (c) vitamins
- (d) roughage

▼ [Answer](#)

(a) balanced not required
A diet containing all nutrients and components in required quantity is called balanced diet.

Question 44.
When the body does not get adequate nutrition, it is said to be suffering from.

- (a) nutrition
- (b) mal-nutrition

- (c) deficiency diseases
- (d) none of these

▼ [Answer](#)

(b) mal-nutrition
Deficiency of nutrition in the causes malnutrition.

Question 45.

If we eat only rice or only roti in every meal we will:

- (a) feel comfortable
- (b) feel energetic
- (c) fall ill
- (d) none of these

▼ [Answer](#)

(c) fall ill
If we eat only rice or only roti in every meal we will feel ill.

Question 46.

What other things are needed by our body except nutrients ?

- (a) dietary fibres
- (b) solids
- (c) water
- (d) both (a) and (c)

▼ [Answer](#)

(d) both (a) and (c)
Our body needs dietary fibres and water except nutrients.

Question 47.

solution is prepared by adding small amount of water to tincture iodine solution.

- (a) Iodine
- (b) Caustic soda
- (c) Copper sulphate
- (d) None of these

▼ [Answer](#)

(a) Iodine
Iodine solution is prepared by adding small amount of water to tincture iodine solution.

Question 48.

We need to drink litres of water everyday.

- (a) 5 – 6
- (b) 2 – 3

- (c) 10 – 11
- (d) no need

▼ [Answer](#)

- (b) 2 – 3
- We need to drink 2-3 litres of water everyday.
-

Question 49.

A mineral that is required for keeping our bones healthy.

- (a) calcium
- (b) vitamins
- (c) proteins
- (d) fats

▼ [Answer](#)

- (a) calcium
- Calcium is a mineral that is required for keeping our bones healthy.
-

Question 50.

Vitamin required for maintaining good eye sight.

- (a) B
- (b) A
- (c) D
- (d) E

▼ [Answer](#)

- (b) A
- Vitamin A is required for maintaining good eye sight.
-

Question 51.

How many major nutrients are in our food ?

- (a) two
- (b) four
- (c) five
- (d) ten

▼ [Answer](#)

- (c) five
- Five major nutrients are in our food.
-

Question 52.

A disease caused by deficiency of iron.

- (a) Beri-Beri
- (b) Anaemia

- (c) Goitre
- (d) Rickets

▼ [Answer](#)

(b) Anaemia
Anaemia is caused by due to lack of iron.

Question 53.
A disease caused by deficiency of iodine.

- (a) Beri-Beri
- (b) Anaemia
- (c) Goitre
- (d) Rickets

▼ [Answer](#)

(c) Goitre
Goitre is caused due to lack of iodine.

Question 54.
A disease caused by deficiency of Vitamin D.

- (a) Beri-Beri
- (b) Anaemia
- (c) Goitre
- (d) Rickets

▼ [Answer](#)

(d) Rickets
Rickets is caused by the deficiency of vitamin D.

Question 55.
All deficiency disease can be prevented by taking a diet,

- (a) balanced
- (b) vitamins
- (c) fats
- (d) proteins

▼ [Answer](#)

(a) balanced
All deficiency disease can be prevented by taking a balanced diet.

Question 56.
If the diet is deficient in both carbohydrates and proteins for a long time, what may stop completely ?
(a) bones

- (b) strength
- (c) growth
- (d) none of these

▼ [Answer](#)

- (c) growth

If the diet is deficient in both proteins and carbohydrates.

Question 57.

disease caused by vitamin C.

- (a) Loss of vision
- (b) Beri-Beri
- (c) Scurvy
- (d) Anaemia

▼ [Answer](#)

- (c) Scurvy

Scurvy is caused by vitamin C.

Question 58.

disease caused by vitamin

- (a) Loss of vision
- (b) Beri-Beri
- (c) Scurvy
- (d) Anaemia

▼ [Answer](#)

- (b) Beri-Beri

Beri-Beri is caused by vitamin B₁

[Match the following:](#)

Question 1.

Column-A	Column-B
(a) Egg	(i) Earth
(b) Oil	(ii) Protein
(c) Spinach	(iii) Roughage
(d) Minerals	(iv) Fat
(e) Cellulose	(v) Iron

▼ [Answer](#)

Column-A	Column-B
(a) Egg	(ii) Protein

(b) Oil	(iv) Fat
(c) Spinach	(v) Iron
(d) Minerals	(i) Earth
(e) Cellulose	(iii) Roughage

Question 2.

Column-A	Column-B
(a) Vitamin A	(i) Beri-Beri
(b) Vitamin K	(ii) Anaemia
(c) Iodine	(iii) Loss of vision
(d) Iron	(iv) Clotting of blood
(e) Iron B ₁	(v) Goitre

▼ Answer

Column-A	Column-B
(a) Vitamin A	(iii) Loss of vision
(b) Vitamin K	(iv) Clotting of blood
(c) Iodine	(v) Goitre
(d) Iron	(ii) Anaemia
(e) Iron B ₁	(i) Beri-Beri

Tick the correct answers:

Question 1.

Chapaties of wheat flour give more nutrients.

▼ Answer

True

Question 2.

Vegetables and fruits without peels give more nutrients.

▼ Answer

False

Question 3.

Proteins are energy giving foods.

▼ Answer

False

Question 4.

Roughage is a fibrous food.

▼ [Answer](#)

True

Question 5.

A few minerals required by the body are iron, calcium and sodium.

▼ [Answer](#)

True

Question 6.

Vitamins also help in blood clotting.

▼ [Answer](#)

False

Question 7.

The chief sources of carbohydrates are potato, banana and sugar.

▼ [Answer](#)

True

[Fill in the blanks:](#)

Question 1.

Fats are sources of energy.

▼ [Answer](#)

richest

Question 2.

Minerals are extracted from the

▼ [Answer](#)

earth

Question 3.

Food which remains in form is called roughage.

▼ [Answer](#)

undigested

Question 4.

Balanced diet contains proportions of all nutrients.

▼ [Answer](#)

right

Question 5.

..... is caused by deficiency of vitamin D.

▼ [Answer](#)

Rickets

Question 6.

Deficiency of vitamins C causes a disease known as

▼ [Answer](#)

scurvy

Question 7.

Carbohydrates, and are the three main components of food.

▼ [Answer](#)

fat and proteins

fat and proteins

Question 8.

Butter and ghee are

▼ [Answer](#)

fats

Question 9.

Many processed foods are rich in

▼ [Answer](#)

carbohydrates

Question 10.

Milk provide us proteins, fats and

▼ [Answer](#)

vitamin A

Question 11.

We need to drink litres of water everyday.

▼ [Answer](#)

2-3 litres
