



BIOLOGY

COMPONENTS OF FOOD

Questions

1. Name the major nutrients in our food.



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2. The nutrients which mainly give energy to our body.

A. Carbohydrates

B. Fats

C. Proteins

D. Both A & B

Answer: D



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3. The nutrients that are needed for the growth and maintenance of our body.

A. Carbohydrates

B. Fats

C. Proteins and minerals

D. Vitamins

Answer: C



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4. A vitamin required for maintaining good eyesight.



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5. A mineral that is required for keeping our bones healthy.



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6. Name two foods each rich in:

Fats



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7. Name two foods each rich in:

Starch



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8. Name the food rich in dietary fibre?



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9. Name two foods each rich in:

Protein



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10. By eating rice alone, we can fulfill the nutritional requirement in our body.

A. Yes

B. No

C. Maybe

D. Depends on amount of rice consumed

Answer: B



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11. Deficiency diseases can be prevented by eating a balanced diet.



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12. Balanced diet for the body should contain a variety of food items.



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13. Meat alone is sufficient to provide all nutrients to the body.



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14. _____ is caused by the deficiency of vitamin D.



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15. Deficiency of _____ causes a disease known as beri-beri.



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



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17. Night blindness is caused due to deficiency of _____ in our food.



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