



# BIOLOGY

## BOOKS - NCERT EXEMPLAR

### COMPONENTS OF FOOD

#### Multiple Choice Questions

1. Which one of the following food item does not provide dietary fibre?

A. Whole grains

B. Whole pulses

C. Fruits and vegetables

D. Milk

**Answer: D**



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**2. Which of the following sources of protein is different from others?**

A. Peas

B. Gram

C. Soyabeans

D. Cottage cheese (paneer)

**Answer: D**



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**3. Which of the following nutrients is not present in milk?**

A. Protein

B. Vitamin C

C. Calcium

D. Vitamin D

**Answer: B**



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**4. Read the food items given below:**

(i) Wheat

(ii)

Ghee

(iii) Iodised salt

(iv) Spinach (palak)

Which of the above food items are “energy giving foods”?

A. (i) and (iv)

B. (ii) and (iv)

C. (i) and (ii)

D. (iii) and (iv)

**Answer: C**



5. Read the following statements about diseases.

(i) They are caused by germs

(ii) They are caused due to lack of nutrients in our diet.

(iii) They can be passed on to another person through contact.

(iv) They can be prevented by taking a balanced diet.

Which pair of statements best describe a deficiency disease?

- A. (i) and (ii)
- B. (ii) and (iii)
- C. (ii) and (iv)
- D. (i) and (iii)

**Answer: C**



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1. Unscramble the following words related to components of food and write them in the space provided.

reinpot



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2. Unscramble the following words related to components of food and choose the correct option.

menliars



A. Ingredient

B. Nutrients

C. Vitamins

D. Minerals

**Answer: D**



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**3. Unscramble the following words related to components of food and write them in the**

space provided.

tivanmi



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4. Unscramble the following words related to components of food and write them in the space provided.

bocatradhyer



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5. Unscramble the following words related to components of food and write them in the space provided.

nitesturn



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6. Unscramble the following words related to components of food and write them in the space provided.

tfa





7. Which of the following food items does not provide any nutrient?

Milk, Water, Orange juice, Tomato soup

A. Water

B. Orange juice

C. Tomato soup

D. Milk

**Answer: A**



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## Short Answer Questions

1. Fill in the blanks from the list of words given below:

(carbohydrate, fat, protein, starch, sugar, Vitamin A, Vitamin C, roughage, balanced diet, obesity, goitre )

(a) Egg yolk is rich in \_\_\_\_\_ and egg albumin is rich in \_\_\_\_\_



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2. Fill in the blanks from the list of words given below:

(carbohydrate, fat, protein, starch, sugar, Vitamin A, Vitamin C, roughage, balanced diet, obesity, goitre )

Deficiency diseases can be prevented by taking a \_\_\_\_\_.

A. carbohydrate

B. balanced diet

C. protein

D. roughage

**Answer: B**



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**3. Fill in the blanks from the list of words given below:**

(carbohydrate, fat, protein, starch, sugar, Vitamin A, Vitamin C, roughage, balanced diet, obesity, goitre )

Eating too much of fat rich foods may lead to a condition called \_\_\_\_\_.



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**4.** Fill in the blanks from the list of words given below:

(carbohydrate, fat, protein, starch, sugar, Vitamin A, Vitamin C, roughage, balanced diet, obesity, goitre )

The component of food that does not provide



any nutrient to our body and yet is essential in our food is \_\_\_\_\_.



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5. Fill in the blanks from the list of words given below:

(carbohydrate, fat, protein, starch, sugar, Vitamin A, Vitamin C, roughage, balanced diet, obesity, goitre )

The vitamin that gets easily destroyed by heating during cooking is \_\_\_\_\_.



Moong dal, fish, mustard oil, sweet potato,  
milk, rice, egg, beans, butter, butter milk  
(chhachh), cottage cheese (paneer), peas,  
maize, white bread.

[illegible]



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7. Tasty food is not always nutritious and nutritious food may not always be tasty to eat.

Comment with examples.



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8. 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?



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9. Paheli avoids eating vegetables but likes to eat biscuits, noodles and white bread. She frequently complains of stomachache 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.



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



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



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**12.** ‘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.



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**13.** ‘Water does not provide nutrients, yet it is an important component of food.’ Explain?



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## Long Answer Questions

1. Boojho was having difficulty in seeing things in dim light. The doctor tested his eyesight and prescribed a particular vitamin supplement. He also advised him to include a few food items in his diet.

Which deficiency disease is he suffering from?



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2. Boojho was having difficulty in seeing things in dim light. The doctor tested his eyesight and prescribed a particular vitamin supplement. He also advised him to include a few food items in his diet.

Which food component may be lacking in his diet?



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3. Boojho was having difficulty in seeing things in dim light. The doctor tested his eyesight and prescribed a particular vitamin supplement. He also advised him to include a few food items in his diet.

Suggest some food items that he should include in his diet. (any four)



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4. Observe the items given in Fig. 2.2 carefully and answer the questions that follow.



Food item rich in carbohydrates is \_\_\_\_ (i) \_\_\_\_ .



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