



BIOLOGY

BOOKS - NAVNEET BIOLOGY (MARATHI ENGLISH)

NUTRITION AND DIET

Question Bank

1. What trouble do we have to face if we do not get enough fibre from our daily diet ?

What care must be taken to make sure that fibre is not lost or removed from the food we eat ?



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2. Fill in the blank : The process of intake of food and utilizing it for all life processes is called _____.



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3. Fill in the blank: All the substances in our food which are useful for various bodily processes are called _____.



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4. Fill in the blank: Carbohydrates and _____ provide _____ to our body.



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5. Fill in the blank: In a balanced diet, all the nutrients are present in the _____ proportion.



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6. Fill in the blank: In the food pyramid, cereals are given the maximum space because they fulfil our _____ requirements.



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7. Fill in the blanks using the correct words given in the brackets :

Intake of more food than necessary causes ____

.



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8. Pulses are a good source of _____.

A. carbohydrates

B. proteins

C. fats

D. minerals

Answer: B



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9. _____ provide maximum energy to the body .

A. Cereals

B. Leafy vegetables

C. Water

D. Amla

Answer: A



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10. Simple goiter is caused by the deficiency of

A. iron

B. calcium

C. iodine

D. potassium

Answer: C



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11. _____ is a type of junk food.

A. Orange

B. Milk

C. Bhakri

D. Chocolate

Answer: D



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12. Vitamin _____ is essential for blood clotting.

A. A

B. B12

C. E

D. K

Answer: D



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**13. Find the odd one out : Vitamin A, Vitamin B,
Vitamin D. Vitamin K**



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14. Find the odd one out : Chocolates, Burger,
Leafy vegetables, Noodles



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15. Find the odd one out : Xeroderma, Rickets,
Bleeding, Anemia



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16. Find the odd one out : Fish, Eggs, Pulses,
Cereals



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17. Find the odd one out : Iodine, Urea,
Washing soda, Starch



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18. Match the columns :

(1) Group 'A'	Group 'B'
(1) Calcium	(a) Speeding up the chemical reaction of the body.
(2) Sodium	(b) Carrying oxygen to all body cells.
(3) Iodine	(c) Strengthening the bones of the body.
(4) Iron	(d) Maintaining the water balance.



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19. Match the following columns appropriately:-

(2) Vitamin	Source	Functions
(1) B1	(a) Amla	(m) Formation of collagen
(2) B9	(b) Nuts	(n) Formation of red blood cells
(3) B12	(c) Meat	(o) Growth of the body
(4) C	(d) Kiwi	(p) Working of the heart



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20. Spot in the table of vitamins and minerals: The nutrient present in citrus fruits.



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21. Spot in the table of vitamins and minerals: vitamins/Minerals present in milk.



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22. Spot in the table of vitamins and minerals :

Causes and symptoms of night blindness,
scurvy, rickets, beriberi.



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23. Spot in the table of vitamins and minerals

:Causes of anemia :



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24. Spot in the table of vitamins and minerals :
Essential minerals for healthy bones and teeth.



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25. Spot in the table of vitamins and minerals :
Sensory organ affected due to the deficiency of Vitamin A.



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26. What is the use of food for living things?



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27. What is kilocalories? How many kilocalories do you require per day ?



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28. What are probiotics ? In what form do we take it in our diet?





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29. What is the significance of the balanced diet ?



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30. Answer the following in short :

What is junk food ? What are the ill effects of junk food ?



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31. How to avoid obesity.



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32. What is food adulteration ?Name some adulterants and the food items in which they are added.



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33. Choose a balance diet for one day according to your preferences.



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34. Six types of vitamins



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35. Why do doctors advise you to take yoghurt or buttermilk if you have indigestion or

abdominal discomfort?



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36. Who discovered beriberi?



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37. Who proposed the word 'vitamin'?



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38. Answer the following questions

Why should we not consume adulterated food materials ?



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