



# BIOLOGY

## BOOKS - MBD

### COMPONENTS OF FOOD

#### Example

1. Name the major nutrients in our food.



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**2. Name the following:**

The nutrient which mainly give energy to our body.



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**3. Name the following:**

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



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4. Name the following:

A vitamin required for maintaining good eyesight.



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5. Name the following:

A mineral that is required for keeping our bones healthy.



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**6. Name two foods rich in fat?**



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**7. Name two foods rich in starch?**



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**8. Name two foods 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 fulfil nutritional requirements of our body.



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**11.** Tick the statements that are correct.

Deficiency diseases can be prevented by eating

a balanced diet.



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**12.** Tick the statements that are correct.

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



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**13.** Tick the statements that are correct.

Meat alone is sufficient to provide all nutrients

to the body.



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**14.** Fill in the blanks.

\_\_\_\_\_ is caused by deficiency of Vitamin D.



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**15.** Fill in the blanks.

Deficiency of \_\_\_\_\_ cause a disease known as  
beri-beri.



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**16.** Fill in the blanks.

Deficiency of vitamin C causes a disease known as \_\_\_\_\_



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**17.** Fill in the blanks.

Night blindness is caused due to deficiency of \_\_\_\_\_ in our food.







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**18.** What is good source of energy?



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**19.** Which nutrient of food is body building?



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**20.** Which nutrients act as protective food?





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21. Which is more energy rich nutrient-fat or carbohydrates?



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22. Which disease is caused by the deficiency of vitamin-C?



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**23.** Name two foods rich in fat?



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**24.** Which nutrient is present in Sugar , Potato and cereals?



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**25.** What is the effect on excess water in food material?



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26. Why are rice and dals not washed repeatedly?



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27. Which chemical is used for testing Starch in Food?



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**28.** What happens when copper sulphate solution and sodium hydroxide solution are added to a food material containing proteins?



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**29.** Tick the statements that are correct.

Deficiency diseases can be prevented by eating a balanced diet.



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**30.** Does cooking affect the nutrients in the body?



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**31.** List few sources of vitamins, proteins, carbohydrates and fats.



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**32.** What are deficiency diseases?





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**33.** What is obesity ? What are its causes and how it effects on health?



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**34.** What is importance of roughage in the body?



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**35.** How do vitamin help the body?



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**36.** Why are proteins better known as body building food?



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**37.** What is food?



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**38.** Write functions of proteins.



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**39.** What are the main sources of vitamin C and vitamin D ?



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**40.** Write the main difference between Vitamins and Minerals.



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**41. What are the effects of fat in diet ?**



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**42. What are proteins ?**



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**43.** What disease is caused due to deficiency of vitamin C?



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**44.** What is roughage ? Write its role in our body.



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**45.** Name three foods each rich in :

Strach



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**46.** Name three foods each rich in :

Dietary Fibre



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**47.** Name three foods each rich in :

Fats and oils



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**48.** Name two foods each rich in

Protein.



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**49.** Name three foods each rich in :

Sugar.



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**50.** Explain 'balanced diet'.



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**51.** Write the important functions of water in our body.



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52. Which disease is caused by the deficiency of vitamin-C?



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53. Name the major nutrients in our food.

A. Four

B. Five

C. Ten

D.

**Answer:**



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**54.** It is necessary for absorption of every food material.

A. Roughage

B. Salt



C. None

D.

**Answer:**



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**55.** It is needed for testing protein in a food material-

A. Nitric acid

B. Iodine

C. All of these

D.

**Answer:**



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**56.** Iodine is used for testing-

A. Carbohydrated (sugar)

B. Proteins

C. Vitamin

D. Water.

**Answer:**



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**57. Milk contains nutrients-**

A. Carbohydrates

B. Proteins

C. All of these

D.

**Answer:**



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**58.** Lime,Amla are source of -

A. Minerals

B. Proteins

C. Vitamin-C

D.

**Answer:**



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**59.** White of an egg is rich in-

- A. Vitamin
- B. Carbohydrates
- C. All of these
- D.

**Answer:**



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60. Energy giving nutrient is-

A. Minerals

B. Starch

C. proteins

D. all of these

**Answer:**



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61. Body building food must be rich in -

A. Strach

B. Water

C. Proteins.

D.

**Answer:**



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62. It is one of plant sources of protein-

A. Gram

B. Sugarcane

C. Radish.

D.

**Answer:**



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**63.** Liver is a source of -

A. Iron

B. Water

C.

D. All of these

**Answer:**



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**64.** Wheat, Beetroot, Potato etc. are sources of -

A. Minerals

B. Carbohydrates

C. Water

D.

**Answer:**



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**65.** Mineral used in body is

A. Manganese

B. Phosphorus

C. All of these

D.

**Answer:**



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**66.** It gives strength to bones and teeth-

A. Manganese

B. Phosphorus

C. Calcium.

D.

**Answer:**



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67. Deficiency of this mineral is the cause of Anaemia in the body.

A. Iron

B. Phosphorus

C. Calcium.

D.

**Answer:**



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**68.** Deficiency of Vitamin D causes

A. Beri-Beri

B. Rickets

C. Goitre.

D.

**Answer:**



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**69.** Weak eye sight is symptom of

A. Anaemias

B. Rickets

C. Night blindness.

D.

**Answer:**



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**70.** The food which contains all the nutrients in proper amounts is known as-

A. Complete diet

B. Balanced diet

C. Healthy diet.

D.

**Answer:**



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**71.** These play role in protecting body against diseases.



A. Carbohydrates

B. Fats

C. Vitamins.

D.

**Answer:**



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