



BIOLOGY

BOOKS - SRS PUBLICATION

FOOD FOR HEALTH

Question Bank

1. Fill in the blank

Cereals and milles are rich in



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2. Fill in the blank

.... are present in Pulses.



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3. Fill in the blank

Take more & to prevent constipation.



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4. Fill in the blank

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



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5. Fill in the blank

Deficiency of Vitamin C causes disease.



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6. Choose the correct Answer

Ramana rubbed few sesame grains on a paper.

The paper turns translucent at that place.

What is present in those seeds ?

A. carbohydrates

B. proteins

C. fats

D. water

Answer: C



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7. Choose the correct Answer

Anaemia is caused by the deficiency of

A. Zinc

B. Iron

C. Vitamin A

D. Calcium

Answer: B



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8. Choose the correct Answer

We lose vision due to deficiency of

A. Vitamin A

B. Vitamin B

C. Vitamin C

D. Vitamin D

Answer: A



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9. Matching.

- | | | |
|-----------------------|-------|--------------------------|
| A) Night blindness | (3) | 1. Carbohydrates |
| B) Energy giving food | (1) | 2. Iron |
| C) Body building food | (4) | 3. Vitamin A |
| D) Protecting food | (5) | 4. Proteins |
| E) Anaemia | (2) | 5. Minerals and Vitamins |
| | | 6. Sodium |



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10. Name the components of food.



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11. Write the important nutrients presented in the food we take.



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12. Make a list of food items eaten during lunch by you. Try to mention the components in each food item.



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13. Make a list of food items eaten during lunch by you. Try to mention the components in each food item.



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14. What is the role of water present in our diet ?



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15. What is the importance of water that we drink daily ?



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16. What questions will you ask a doctor to know about malnutrition ?



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17. What questions will you ask a doctor to know about malnutrition ?



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18. Explain what will happen if we don't include roughage in our food.



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19. Mention the problems that occurs due to eating food without fibers.



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20. Mary read somewhere that conge (ganji) contains carbohydrates. Explain test you suggested her to confirm it.



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21. How can you prove that congee contains carbohydrates ?



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22. How can you test the presence of proteins in the given food sample ?



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23. Write whole activity done by you to prove that presence of proteins in our diet.



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24. Draw a pyramid showing the required quantities of food needed for our body. (Use the picture of my plate for the day prepared by NIN as reference).



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25. Draw a neat labelled diagram of food pyramid that possesses all the nutrients.



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26. Appreciate the role of green leafy vegetables in maintaining our health



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27. Green leafy vegetables should be a part of our diet. How can you support this statement ?



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28. What is balanced diet ? What food materials will you include in yours diet to make it a balanced one ?



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29. Define 'Balanced diet' What should you eat daily to get all the nutrients in a balancing manner ?



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30. ONE WORD ANSWER QUESTION

Write two names of minerals elements.



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31. ONE WORD ANSWER QUESTION

What are protective foods ?



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32. ONE WORD ANSWER QUESTION

Write names of some home made transitional snacks.



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33. ONE WORD ANSWER QUESTION

Name the deficiency diseases caused due to lack of Vitamin D.



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34. Name the fat soluble vitamins.



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35. ONE WORD ANSWER QUESTION

Write the names of solution used to test the presence of proteins.



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36. ONE WORD ANSWER QUESTION

What nutrients your body get but eating chikki ?



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37. ONE WORD ANSWER QUESTION

What are body building foods ?



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38. Mention some sources of roughages.



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39. ONE WORD ANSWER QUESTION

Name the deficiency diseases caused due to

lack of vitamin C.



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40. ONE WORD ANSWER QUESTION

What are organic foods ?



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41. ONE WORD ANSWER QUESTION

What is the use of nutrients of our body ?



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42. ONE WORD ANSWER QUESTION

Write names of any three deficiency diseases.



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43. ONE WORD ANSWER QUESTION

What are energy giving foods ?



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44. ONE WORD ANSWER QUESTION

Which vitamin is play an important role in increasing diseases resistance (or) immunity ?



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45. Name the water soluble vitamins.



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46. ONE WORD ANSWER QUESTION

How do you confirm the presence of fat in a given substance ?



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47. ONE WORD ANSWER QUESTION

Which test confirms the presence of starch in food ?



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48. YES/NO QUESTION

Removing fibre from wheat flour to make chapattis is a healthy habit.



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49. YES/NO QUESTION

To confirm the presence of vitamin C, the portion of the paper under the slice will get discoloured.



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50. YES/NO QUESTION

Calcium helps to maintain strong bones and teeth.



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51. YES/NO QUESTION

Milk, meat, egg, fish are the major protein sources from animals



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52. YES/NO QUESTION

Potato is rich in carbohydrates.



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53. YES/NO QUESTION

Water constitutes nearly $\frac{2}{3}$ of our body weight.



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54. YES/NO QUESTION

Moon light is the main sources of vitamin-D



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55. YES/NO QUESTION

Fats are called protective nutrients.



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56. YES/NO QUESTION

In, iodine test, a piece of bread changes to purple (or) violet color.



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57. YES/NO QUESTION

Carbohydrates, proteins, fats are required in small quantities.



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58. SEQUENCE

Carbohydrates → proteins → fats → ?

→ balanced diet



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59. SEQUENCE

Vitamin C → lemon slice → ?



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60. SEQUENCE

Blackgram → jaggery → ghee → ?



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61. SEQUENCE

Fats → paper → ?



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62. SEQUENCE

Starch → ? → blue/black



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63. MULTIPLE CHOICE QUESTION

The mineral element present in common salt.

A. Iodine

B. Iron

C. Sodium

D. Calcium

Answer: C



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64. MULTIPLE CHOICE QUESTION

Deficiency of vitamins C causes

A. Rickets

B. Scurvy

C. Beri-Beri

D. Fertility disorder

Answer: B



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65. MULTIPLE CHOICE QUESTION

Rickets is caused due to deficiency of
Vitamins.

A. A

B. D

C. E

D. K

Answer: B



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66. MULTIPLE CHOICE QUESTION

The following vitamin helps in clotting of blood

A. A

B. D

C. E

D. K

Answer: D



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67. MULTIPLE CHOICE QUESTION

Health of eye, hair and skin is the function of....

Vitamin

A. B

B. C

C. A

D. K

Answer: C



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68. MULTIPLE CHOICE QUESTION

.....minerals helps in production of blood and transfers oxygen.

A. Calcium

B. Iron

C. Sodium

D. Iodine

Answer: B



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69. MULTIPLE CHOICE QUESTION

Sources of vitamin D are

A. Sunlight

B. Milk

C. Both A and B

D. Citrus fruits

Answer: C



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70. MULTIPLE CHOICE QUESTION

This food that cause damage to our digestive system.

A. Junk food

B. Staple food

C. traditional food

D. salads

Answer: A



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71. MULTIPLE CHOICE QUESTION

What would be the consequence due to absence of proteins in our diet ?

A. Growth is fast

B. Growth slows down

C. Energy increases in the body

D. Fats decreases in the body

Answer: B



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72. MULTIPLE CHOICE QUESTION

Carbohydrates : Energy : Proteins :.....

A. Fats

B. water

C. Bodybuilding

D. Diseases

Answer: C



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73. MULTIPLE CHOICE QUESTION

If you don't take balanced diet

- A. you will become strong
- B. you will become intelligent
- C. you will become fast
- D. you will become week

Answer: D



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74. MULTIPLE CHOICE QUESTION

Choose the odd one out

A. Rice

B. Potato

C. Fish

D. Maize

Answer: C



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75. MULTIPLE CHOICE QUESTION

Choose the wrong statement

- A. Carbohydrates and fats are energy giving foods
- B. Proteins are body building foods
- C. vitamins and minerals are protective foods
- D. Pizza and burgers are good for health

Answer: D



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76. MULTIPLE CHOICE QUESTION

Meat : Proteins :: wheat flour :

A. Carbohydrates

B. Fats

C. Vitamins

D. Minerals

Answer: A



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77. MULTIPLE CHOICE QUESTION

Choose the odd one out

A. D

B. E

C. K

D. C, B complex

Answer: D



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78. MULTIPLE CHOICE QUESTION

If we add Iodine to food substance it changes to dark blue colour because of presence of

- A. Proteins
- B. Carbohydrates
- C. Fats
- D. Fibre

Answer: B



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79. MULTIPLE CHOICE QUESTION

This colour determines presence starch in starch test

A. Yellow

B. Blue

C. Red

D. Brown

Answer: B



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80. MULTIPLE CHOICE QUESTION

The chemicals used in testing proteins

- A. Copper sulphate
- B. Sodium hydroxide
- C. A and B
- D. Calcium hydroxide

Answer: C



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81. MULTIPLE CHOICE QUESTION

If paper turns transparent(or) partially transparent, it confirms the presence of

A. Proteins

B. Fats

C. starch

D. Vitamins

Answer: B



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82. MULTIPLE CHOICE QUESTION

Choose the correct statement regarding the test of vitamin 'C' in lemon

- A. portion of paper turns opaque
- B. portion of paper turns transparent
- C. portion of paper will get discoloured
- D. All of these

Answer: C



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83. MULTIPLE CHOICE QUESTION

2 % of copper sulphate solution means

A. dissolve 10 mg copper sulphate in 100 ml

of water

B. dissolve 2 mg copper sulphate in 50 ml

of water

C. dissolve 10 mg sodium hydroxide in 100

ml of water

D. dissolve 2 mg copper sulphate in 100 ml
of water

Answer: D



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84. MULTIPLE CHOICE QUESTION

Choose the material required to test the
presence of starch

A. Iodine solution

B. Potato

C. Dropper

D. All of these

Answer: D



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85. MULTIPLE CHOICE QUESTION

When you have eaten vada or any other food items on a paper plate turning translucent.

Why ?

- A. Food contains water
- B. Food contains fats
- C. Food has proteins
- D. Food has carbohydrates

Answer: B



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86. MULTIPLE CHOICE QUESTION

The regular food of North Indians.

A. rice

B. corn

C. wheat

D. grape wine

Answer: C



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87. MULTIPLE CHOICE QUESTION

The method of farming using biofertilizers and biopesticides is called

A. Inorganic farming

B. Organic farming

C. Both A and B

D. Organic foods

Answer: B



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88. MULTIPLE CHOICE QUESTION

chikki is rich in

A. Proteins

B. Iron

C. calcium

D. All of these

Answer: D



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89. MULTIPLE CHOICE QUESTION

Citrus fruits are rich in Vitamins

A. A

B. B

C. C

D. D

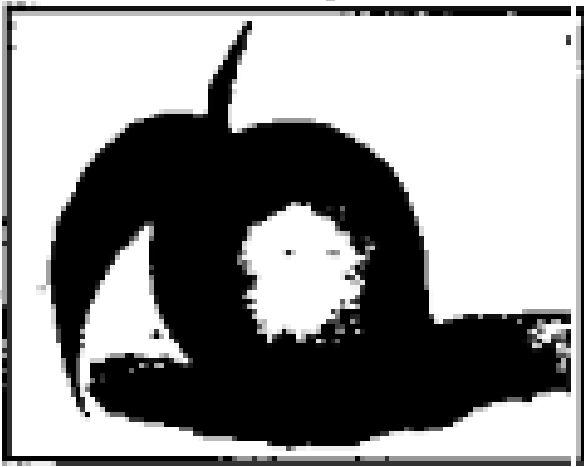
Answer: C



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90. MULTIPLE CHOICE QUESTION

The nutrients present in the given fruits



A. Carbohydrates

B. Vitamins

C. Minerals

D. Above all

Answer: D





91. MULTIPLE CHOICE QUESTION

The given food item are rich in



A. Proteins

B. Fats

C. vitamins

D. carbohydrates

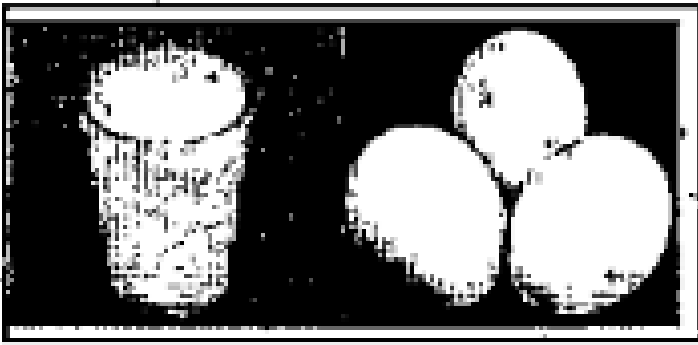
Answer: D



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92. MULTIPLE CHOICE QUESTION

The nutrients present in the given pictures



A. Proteins

B. Fats

C. Minerals

D. Vitamins

Answer: A



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93. MULTIPLE CHOICE QUESTION

.... Are present in the given food items



A. Proteins

B. Fats

C. vitamins

D. carbohydrates

Answer: B



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94. MULTIPLE CHOICE QUESTION

The given picture indicates



A. nutritious food

B. healthy food

C. junk food

D. balanced food

Answer: C



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95.

The food given causes damage to

A. circulatory system

B. Nervous system

C. Digestive system

D. All of these

Answer: C



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96. FILL IN THE BLANK

Presence of starch in a given substance indicates Change in colours



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97. FILL IN THE BLANK

.... Minerals helps to maintain strong bones and teeth



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98. FILL IN THE BLANK

Most common source of sodium is



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99. FILL IN THE BLANK

The deficiency of vitamin-C causes



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100. FILL IN THE BLANK

Rickets is caused due to the deficiency of



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101. FILL IN THE BLANK

Vitamin C and B complex are



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102. FILL IN THE BLANK

Night blindness is caused due to deficiency of
.....



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103. FILL IN THE BLANK

Vitamin C is an organic acid called



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104. FILL IN THE BLANK

Irregular bowel movements refer to



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105. FILL IN THE BLANK

Proteins are also called Foods.



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106. FILL IN THE BLANK

Inadequate intake of proteins for a long time causes Diseases.



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107. Match the following

- | | |
|-------------|--------------------------|
| i) Starch | () a) Violet |
| ii) Protein | () b) Constipation |
| iii) Fat | () c) Body temperature |
| iv) Water | () d) Iodine |
| v) Roughage | () e) Paper transparent |



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108. Match the following

- | | | |
|------------------|-----|-----------------------------------|
| i) Protein | () | a) Strong bones
and teeth |
| ii) Carbohydrate | () | b) Common salt |
| iii) Calcium | () | c) Copper
sulphate
solution |
| iv) Sodium | () | d) Blood
production |
| v) Iron | () | e) Dark blue
colour |



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109. How are Sunnundalu made ?



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110. Mention some sources of roughages.



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111. Write about proteins and food item rich in proteins.



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112. What are carbohydrates ? Write some food items rich in carbohydrates



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113. Write the reasons for Anemia.



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114. What are macronutrients?



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115. What are the basic types of vitamins ?



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116. Micronutrients :



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117. Manjula eats only bread and omelette daily. Do you think it is a balanced diet? Why?

Why not?



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118. I am a component of food that makes paper translucent.



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119. Put a drop of me on a cut potato. It turns dark blue.



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120. What questions you ask your teacher regarding vitamins ?



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121. You have done experiments for testing various food components in rice, potato, milk, curd, egg with required chemicals reagents. You know well about indications as you did in the class room with your friends. Make a table

and write the results as given below.

S.No.	Food	Carbohydrates	Proteins	Fats
		Present / Absent	Present / Absent	Present / Absent
1.	Rice			

1) Which foods show the presence of carbohydrates ?



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122. You have done experiments for testing various food components in rice, potato, milk, curd, egg with required chemicals reagents. You know well about indications as you did in the class room with your friends. Make a table

and write the results as given below.

S.No.	Food	Carbohydrates	Proteins	Fats
		Present / Absent	Present / Absent	Present / Absent
1.	Rice			

1) What nutrients are present in milk ?



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123. You have done experiments for testing various food components in rice, potato, milk, curd, egg with required chemicals reagents. You know well about indications as you did in the class room with your friends. Make a table and write the results as given below.

S.No.	Food	Carbohydrates	Proteins	Fats
		Present / Absent	Present / Absent	Present / Absent
1.	Rice			

1) Which foods could you identify in potatoes ?



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124. You have done experiments for testing various food components in rice, potato, milk, curd, egg with required chemicals reagents. You know well about indications as you did in the class room with your friends. Make a table and write the results as given below.

S.No.	Food	Carbohydrates	Proteins	Fats
		Present / Absent	Present / Absent	Present / Absent
1.	Rice			

1) Which foods item contain more fat ?



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125. Test the given food items and record the type of component that are present in them.

(Ground nut, Cooked dal, Pulusu)



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126. How can you prepare reagents for testing proteins ? What are the reagents and write their concentrations. (OR) Srikanth performed a test and found that proteins are present in the sambar provided in the Midday meals in his school. What are the material required for the test ? How can be prepare them ?



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127. Write the list of fruits eaten with peel and eaten without peel.



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128. Observe the following diagram and answer the given questions.



How much quantities of fruits must be taken in a day ?



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129. Observe the following diagram and answer the given questions.



How much milk must be consumed in a day ?



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130. Observe the following diagram and answer the given questions.



What are the food materials should be taken 90 gms per a day ?



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131. Observe the following diagram and answer the given questions.



How much quantities of fruits and vegetable should be consumed in a day ?



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132. How will you appreciate WIFS scheme launched by government ?



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133. Lakshmi observed making of poornalu by her mother on the occasion of festival. How did she explain all the procedure to her friend ?



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134. Cricket players takes drink during the break. Why do they take the drink ?



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135. What are junk foods ? What happen if we take them regularly ?



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136. What is constipation ? What measures are taken to overcome the problems ?



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137. Why are students suffering from vision problems these days ?



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138. Nowadays everyone is drinking minerals water. Is it safe to drink ?



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