



# BIOLOGY

## BOOKS - BETOPPERS

### NUTRITION IN PLANTS AND ANIMALS

#### Formative Worksheet

1. Statement - I : Excretion and reproduction are seen in plants. Statement, II: Respiration and movement are see in earthworm. .

A. Statement - I is true, Statement - II is false.

B. Statement - I is false, Statement - II is true.

C. Both statements are true.

D. Both statements are false.

**Answer:**



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2. Statement - I : Any substance that can be broken down through chemical processes in the body of an organism to give energy is called food. Statement, II : The entire process of taking in food and drink by living organisms and using it for the purpose of growth and daily activities is called Nutrition.

A. Statement - I is true, Statement - II is false.

B. Statement - I is false, Statement - II is true.

C. Both statements are true.

D. Both statements are false.

**Answer:**



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3. Which of the following is the type of nutrition?

A. Autotrophic

B. Heterotrophic

C. Aerobic

D. Both a and b.

**Answer:**



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**4. Spot the error/s in the following statements and rewrite correcting them.**

Plants show heterotrophic nutrition.



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5. Spot the error/s in the following statements and rewrite correcting them.

Animals show autotrophic nutrition.



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6. Pick the odd one out

A. Amoeba

B. Flatworm

C. Wood

D. Starfish

**Answer:**



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7. Assertion (A): Green plants are autotrophs.

Reason (R): They prepare their own food material by the process of photosynthesis.

A. A is correct and R is the correct explanation of A

B. A is correct and R is not the correct explanation of A.

C. A is correct and R is wrong.

D. A is wrong and R is correct,

**Answer:**



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8. Which of the following are the raw materials for photosynthesis?

A. Sunlight, oxygen,  $CO_2$

B. Soil, water,  $CO_2$

C. Light, water,  $CO_2$

D. All

**Answer:**



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9. Assertion (A): The process by which plants prepare their own food material is called Photosynthesis. Reason (R): This is called so because the food is prepared in the presence of sunlight.

A. A is correct and R is the correct explanation of A.

B. A is correct and R is not the correct explanation of A.

C. A is correct and R is wrong.

D. A is wrong and R is correct.

**Answer:**



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**10.** Spot the error/s in the following statements and rewrite correcting them.

The mode of nutrition whereby a living organism makes its own food is called heterotrophic nutrition.



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**11.** Spot the error/s in the following statements and rewrite correcting them.

The process of using the energy in sunlight to convert water and carbon dioxide into carbohydrates (starch) and oxygen is called Photosynthesis.



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**12.** During photosynthesis, A is taken by leaves from atmosphere, B. is absorbed by the roots.

A and Breacts in the presence of C to produce D and E. If D is stored in different parts of the plant and E is released into atmosphere, then identify A B C D



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13. Identify the sources of the following requirements of photosynthesis,

Chlorophyll

Light Energy

Carbon Dioxide

Water



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**14.** Assertion (A): More water absorbed through root hairs. Reason (R): Root hairs increase the surface area of roots.

A. A is correct and R is the correct explanation of A.

B. A is correct and R is not the correct explanation of A.

C. A is correct and R is wrong.

D. A is wrong and R is correct.

**Answer:**



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**15.**  $CO_2$  enter the leave through

- A. Epidermis
- B. Endodermis
- C. Stoma
- D. Grana

**Answer:**



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**16.** Statement - I : Water and soluble nutrients enter the root layer, pass through the secondary roots, and travel through the main root into the stems and reaches the leaves through structures called xylem. Statement, II: This starch is carried to various parts of the plants through structures called phloem.

A. Statement - I is true, Statement - II is false.



B. Statement - I is false, Statement - II is true.

C. Both statements are true.

D. Both statements are false.

**Answer:**



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**17.** Statement - I: All plants contain chlorophyll.

Statement-II: All plants can prepare their own

food material by the process of photosynthesis,

A. Statement - I is true, Statement - II is false.

B. Statement - I is false, Statement - II is true,

C. Both statements are true.

D. Both statements are false.

**Answer:**



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**18.** Statement.- I: A naturally occurring substance that gives a particular colour to a plant or an animal part is called a pigment.  
Statement, II: The green leaves are green due to the presence of chlorophyll.

A. Statement - I is true, Statement - II is false.

B. Statement - I is false, Statement - II is true.

C. Both statements are true.

D. Both statements are false.

**Answer:**



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**19.** On an average there are about 500,000 chloroplasts per square millimeter of a leaf. If the area of a leaf of a bean plant is  $10 \text{ cm}^2$ , then find the total number of chloroplast cells present in this leaf.



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20. Choose right order of transport of water and soluble nutrients in plants.

A. Leaves - stem - Main root - Secondary roots - Root hair

B. Root hair - Secondary roots - Main root - Stem Leaves

C. Root hair - Main root - Secondary root. - Leaves Stem

D. Main root - Secondary root- Root hair -

Stem Leaves

**Answer:**



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**21. Say True or False**

Nutrition is not the basic life characteristics of living organisms.



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## 22. Say True or False

Plants make their own food through a process called photosynthesis.



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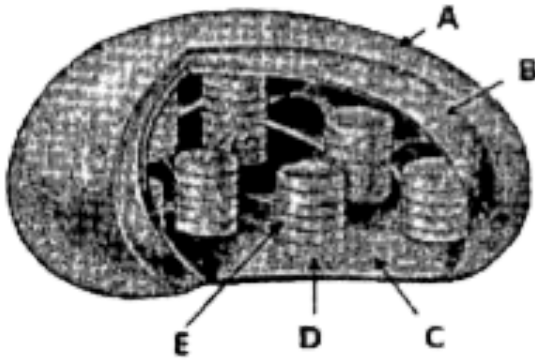
## 23. Say True or False

Most plants are autotrophic in nature.



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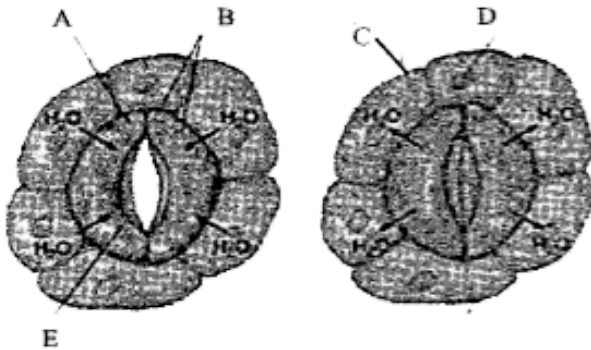
24. Label the parts in the following figure.



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25. Label the parts in the following figure.



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26. Statement - I : The mode of nutrition in which organisms cannot manufacture food and have to depend upon other plants and animals to obtain energy is called

heterotrophic nutrition. Statement-II:

Organisms which have heterotrophic mode of nutrition are called heterotrophs

A. Statement - I is true, Statement - II is false.

B. Statement - I is false, Statement - II is true.

C. Both statements are true.

D. Both statements are false.

**Answer:**





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**27.** Spot the errors in the given statements and correct them.

Saprophytic plants are those which absorb food from another growing green plant, called the host.



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**28.** Spot the errors in the given statements and correct them.

Usually, parasitic plants develop special roots which penetrate into the tissues of the host plant.



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**29.** Statement - I: *Cuscuta* is a saprophyte.

Statement, II: Mistletoe is a parasite.

A. Statement - I is true, Statement - II is false.

B. Statement - I is false, Statement - II is true.

C. Both statements are true.

D. Both statements are false.

**Answer:**



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**30.** Match the following:

*Column-1*

- a) Mistletoe
- b) Indian pipe
- c) Drosera
- d) Lichens

*Column-2*

- p) Symbiotic
- q) Insectivorous
- r) Saprophytic
- s) Parasitic



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**31.** Assertion (A): Dodder can cover woody plants and cause heavy damage to certain economically important crops. Reason (R): Parasitic plants harm the host plant.

A. A is correct and R is the correct explanation of A.

B. A is correct and R is not the correct explanation of A.

C. A is correct and R is wrong.

D. A is wrong and R is correct.

**Answer:**



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**32.** Assertion (A), Saprophytes cannot prepare their own food material by the process of photosynthesis. Reason (R): They do not have green leaves and hence cannot prepare their own food.

A. A is correct and R is the correct explanation of A.

B. A is correct and R is not the correct explanation of A.

C. A is correct and R is wrong.



D. A is wrong and R is correct.

**Answer:**



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**33.** Assertion (A): Though saprophytes do not perform photosynthesis, yet they can manage their nutrition. Reason (R): The fungi in the roots of saprophytes produce digestive juices which converts the dead and decaying inatter

into sugar which can be then used as food by these plants.

A. A is correct and R is the correct explanation of A.

B. A is correct and R is not the correct explanation of A.

C. A is correct and R is wrong.

D. A is wrong and R is correct.

**Answer:**



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**34.** Saprophytic plants are usually green in colour.

Spot the errors in the given statements and correct them.



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**35.** State the following statement is true or false.

The roots of saprophytes contain living

organisms called fungi. Fungi are capable of digesting dead and decaying matter.



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**36.** Give two examples for the following:

A. Autotrophic plants \_\_\_\_\_

B. Parasitic plants \_\_\_\_\_

C. Saprophytic plants \_\_\_\_\_

D. Insectivorous plants \_\_\_\_\_

**Answer:**



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**37.** Statement – I: Insectivorous plants are usually green but they cannot make their own food. Statement, II: The soil in which the insectivorous plants grow are deficient in certain nutrients, especially nitrogen...

A. Statement - I is true, Statement - II is false,

B. Statement - I is false, Statement - II is true

C. Both statements are true,

D. Both statements are false.

**Answer:**



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**38.** Statement - I: Insectivorous plants are plants that derive some or most of their nutrients by trapping and consuming animals, mainly insects. Statement, II: In the pitcher

plant, the leaf is modified to form a tubular pitcher like structure. The inside of the pitcher is lined with downward pointing hairs.

A. Statement - I is true, Statement - II is false.

B. Statement - I is false, Statement - II is true

C. Both statements are true

D. Both statements are false,

**Answer:**





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**39.** Identify the following insectivorous plants.

A. The leaf in this plant is modified to form a tubular pitcher like structure

B. The leaves of these plants bear a large number of very small, pear-shaped bladders

C. The leaves of this plant have tentacles with drops of a sticky substance called



mucilage at the ends.

D. The leaf of this plant is modified into a big trap.

**Answer:**



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**40.** Statement - I: The relation in which both the plants are benefited is called symbiosis.

Statement, II: The relation in which a one plant

absorbs food from another growing green plant is called parasitism.

A. Statement - I is true, Statement - II is false.

B. Statement - I is false, Statement - II is true,

C. Both statements are true,

D. Both statements are false.

**Answer:**



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**41.** Spot the errors in the given statements and correct them.

Parasitism benefits both the plants in the relation.



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**42.** Spot the errors in the given statements and correct them.

Symbiosis harms both the plants in the relation,



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**43.** Assertion (A): The relation between fungus and green algae is parasitic in nature. Reason (R): The relation between fungus and green algae is symbiotic in nature.

A. A is correct and R is the correct explanation of A.

B. A is correct and R is not the correct explanation of A.

C. A is correct and R is wrong.

D. A is wrong and R is correct.

**Answer:**



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**44.** Carbohydrates and fats are important nutrients required by the body. What is their primary function?

- A. Keeping the bones healthy
- B. Providing energy to the body
- C. Keeping the eyes and skin healthy
- D. Protecting the body against diseases

**Answer:**



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**45.** Plants use carbon dioxide and energy from sunlight to form complex molecules. Plants prepare food in the form of

A. amino acids

B. carbohydrates

C. sulfates

D. fats

**Answer:**



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**46.** Athletes are advised to eat banana and drink fruit juice as these are rich sources of \_\_\_\_\_ i. and provide ii\_ The information in

which alternative completes the given statement?

A. i- carbohydrates ii-energy

B. i-proteins ii-protection

C. i- carbohydrates ii-protection

D. i-proteins ii-energy

**Answer:**



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**47.** Which of the following pairs of food items is rich in fats?

A. Gram and fish

B. Rice and mango

C. Pulses and potatoes

D. Ground nut and butter

**Answer:**



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**48.** Foods rich in i and ii are known as energy-giving foods. These nutrients provide energy to the body. The information in which alternative completes the given statement?

- A. i-fats ii-proteins
- B. i-proteins ii-vitamins
- C. i-vitamins ii-carbohydrates
- D. i-carbohydrates ii-fats

**Answer:**



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**49.** Which nutrient helps in the growth and repair of the body?

A. fats

B. Carbohydrates

C. Proteins

D. Roughage

**Answer:**



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**50.** Proteins are important nutrients required by the body. The primary function of proteins is to

A. provide energy to the body

B. help the body remove undigested food

C. protect the body against various diseases

D. help in the growth and repair of the body

**Answer:**



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51.       and       are the major nutrients present in food. The information in which alternative completes the given statement?

A. i- Carbohydrates ii- proteins

B. i- Proteins ii-water

C. i- Carbohydrates ii- water

D. i-Roughage ii-carbohydrates

**Answer:**



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**52.** Minerals are required by the body in small amounts. The primary function of minerals is to help the body

- A. fight diseases
- B. get rid of undigested food
- C. use calcium for bones and teeth
- D. grow and remain healthy

**Answer:**



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**53.** Which nutrient helps the body fight diseases?

A. Proteins

B. Vitamin A

C. Vitamin C

D. Fats

**Answer:**



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54. i \_helps the body fight against various diseases, while - \_\_\_\_\_helps the body uptake calcium for bones and teeth. The information in which alternative completes the given statement?

A. i- Vitamin B ii- Vitamin A

B. i- Vitamin A ii- Vitamin C



C. i- Vitamin C ii- Vitamin D

D. i- Vitamin D ii- Vitamin B

**Answer:**



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**55.** Which of the following fruits is a good source of vitamin C?

A. Pear

B. Peach

C. Prune

D. Papaya

**Answer:**



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**56.** What is the primary function of Vitamin D?

A. Providing energy to the body

B. Keeping the eyes and skin healthy

C. Helping the body get rid of undigested food

D. Helping the body use calcium for bones and teeth

**Answer:**



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**57.** What is the main function of vitamin A in the body?

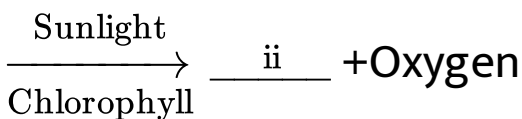
- A. To add bulk to food
- B. To keep skin and eyes healthy
- C. To provide energy to the body
- D. To help in calcium uptake by bones

**Answer:**



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**58.** The given equation represents the process of photosynthesis. Carbondioxidet i



The information in which alternative completes the given equation?

A. i- Water ii- Carbohydrate

B. i- Carbohydrate ii-urea

C. i-Urea ii-Fats

D. i-Fats ii-Water

**Answer:**



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59. Which of the following nutrients is not digested by the digestive system but required for the correct function of the intestines?

A. Carbohydrates

B. Vitamins

C. Fibers

D. Fats

**Answer:**



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**60.** Plants are the sources of roughage. The primary function of roughage is to

- A. keep the skin healthy
- B. provide energy to the body
- C. help the body fight diseases
- D. help the body get rid of undigested food

**Answer:**



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61. Food contains i and ii along with the major nutrients. Apart from the nutrients, these components are also required by the body. The information in which alternative completes the given statement?

- A. i-water ii-fats
- B. i-fats ii-vitamins
- C. i-vitamins ii-roughage
- D. i-roughage ii-water

**Answer:**







**62.** Dietary fibre or roughage is a very important part of a balanced diet. The main function of roughage is to

A. relieve constipation

B. provide energy during stress

C. form the structural framework of the  
body

D. form the structural components of genetic materials

**Answer:**



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**63.** Plants prepare food in the form of

A. amino acids

B. carbohydrates

C. sulfates

D. fats

**Answer:**



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**64.** i and ii are nutrients that provide the maximum amount of energy to the body. The information in which alternative completes the given statement?

A. i-fats ii-proteins

B. i-proteins ii-vitamins

C. i-vitamins ii-carbohydrates

D. i-carbohydrates ii-fats

**Answer:**



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**65.** Some food substances are known as body building foods. These food substances are rich in

A. fats

B. proteins

C. vitamins

D. carbohydrates

**Answer:**



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**66.** Athletes are advised to eat banana and drink fruit juice as these are rich sources of i

and provide ii . The information in which alternative completes the given statement?

A. i- carbohydrates ii- energy

B. i-proteins ii-protection

C. i- carbohydrates ii-protection

D. i-proteins ii-energy

**Answer:**



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67. i are required for ii\_ and for maintaining its good health. The information in which alternative completes The given statement?

A. i- Minerals ii- the proper growth of the body

B. i- Roughage ii- the proper growth of the body

C. i- Minerals ii- providing energy to the body

D. i- Roughage ii- providing energy to the  
body

**Answer:**



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**68.** Which nutrient helps the body to use calcium for bones and teeth?

A. Carbohydrates

B. Vitamin A



C. Fats

D. Vitamin D

**Answer:**



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**69.** The primary function of vitamin A' is to

A. provide energy to the body

B. keep the eyes and skin healthy

C. help the body fight diseases

D. help in the growth and repair of the  
body

**Answer:**



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## Conceptive Worksheet

1. Any substance that can be broken down through chemical processes in the body of an organism to give energy is called



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2. There are two major modes of nutrition are \_\_\_\_\_ and \_\_\_\_\_



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3. Green plants actually make their own food through a process called \_\_\_\_\_



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4. The mode of nutrition whereby a living organism makes its own food is called \_\_\_\_



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5. Organisms that are able to synthesize their own food are termed \_\_\_\_



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6. The term photosynthesis was coined by \_\_\_\_\_ in 1883.



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7. The photosynthesis reaction is \_\_\_\_\_



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8. In photosynthesis process, \_\_\_\_\_ is absorbed from the atmosphere is taken in by the leaves.



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9. In photosynthesis process, \_\_\_\_\_ absorbed by the roots reacts with carbon dioxide in presence of sunlight to produce starch and oxygen.



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10. The end products of photosynthesis are \_\_ and \_\_\_\_\_





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11. \_\_\_\_\_ is the process of using the energy in sunlight to convert water and carbon dioxide into carbohydrates (starch) and oxygen.



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12. \_\_\_\_\_ is a green pigment present in the structures called chloroplasts of leaves in a plant.



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13. \_\_\_\_\_ is a naturally occurring substance that gives a particular colour to a plant or an animal part.



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14.  $CO_2$  is obtained from the atmosphere through small openings called \_\_\_\_\_ in the underside of the leaves.



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**15.** Water and soluble nutrients enter the root hair, pass through the secondary roots, and travel through the main root into the stems and reaches the leaves through structures called \_\_\_\_\_



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**16.** The starch is carried to various parts of the plants through structures called \_\_\_\_\_



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**17.** Say true or false.

Chlorophyll is present in the stroma of a chloroplast,



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**18.** Say true or false.

Stomata are small openings present in the underside of the leaves.



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**19.** The mode of nutrition in which organisms cannot manufacture food and have to depend upon other plants and animals to obtain energy is called \_\_\_ nutrition.



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**20.** Organisms which have heterotrophic mode of nutrition are called \_\_\_\_\_



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21. Heterotrophic plants are classified in to \_\_\_\_\_ and \_\_\_\_\_



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22. Parasitic plants are those which absorb food from another growing green plant, called the \_\_\_\_\_



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23. \_\_\_\_\_ and \_\_\_\_\_ are examples of parasitic plants.



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24. A parasitic plant, \_\_\_\_\_ bears the world's largest flower,



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25. Saprophytic plants are usually \_\_\_\_\_, but can have brightly coloured flowers,



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26. Indian Pipe and coral root are the examples for \_\_plants.



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27. Indian Pipe is found commonly in \_\_\_\_\_ and \_\_\_\_\_



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28. The roots of saprophytes contain living organisms called \_\_\_\_\_



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29. \_\_\_\_\_ are plants that derive some or most of their nutrients by trapping and consuming animals, mainly insects.



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**30.** In the \_\_\_\_\_, the leaf is modified to form a tubular pitcher like structure,



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**31.** The leaves of \_\_\_\_\_ have tentacles with drops of a sticky substance called mucilage at the ends.



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**32.** Roots of certain plants such as peas contain bacteria called\_\_



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**33.** Parasitic plants derive food from the host by modified \_\_\_\_\_(roots /leaf)



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**34.** \_\_\_\_\_(Mushrooms / Lichens) are an association between a fungus and an algae.



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**35.** Peas have a symbiotic relationship with a/an \_\_\_\_\_(fungus / algae / bacteria/virus)



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**36.** Michael is told by his teacher that food is broken down into smaller pieces in the human body. Nutrients from food are absorbed during this process. The process referred to performed by the

A. respiratory system

B. excretory system

C. digestive system :

D. nervous system

**Answer:**



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**37.** A biology class was divided into four groups and each group was asked to grow a plant.

Group I watered their plant with water collected from the school laboratory tap.

Group II watered their plant with water containing dissolved nutrients. Group III

watered their plant with water collected from a polluted lake. Group IV watered their plant

with water containing dissolved salt. The group whose plant will grow the best, is

A. I

B. II

C. III

D. IV

**Answer:**



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**38.** Which nutrient helps in the growth and repair of the body?

A. Fats

B. Carbohydrates

C. Proteins

D. Roughage

**Answer:**



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**39.** Foods rich in i and ii are known as energy-giving foods. These nutrients provide energy to the body. The information in which alternative completes the given statement?

- A. i- fats ii- proteins
- B. i- proteins ii- vitamins
- C. i- vitamins ii- carbohydrates
- D. i- carbohydrates ii- Fats

**Answer:**



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40. Which mineral is required to keep the bones healthy?

A. Iron

B. Iodine

C. Sodium

D. Calcium

**Answer:**



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**41.** Which nutrient keeps the skin and eyes healthy?

A. Vitamin A

B. Vitamin C

C. Fats

D. Proteins

**Answer:**



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**42.** What is the primary function of vitamin C?

A. Providing energy to the body

B. Keeping the skin and eyes healthy

C. Helping the body fight diseases

D. Helping the body get rid of undigested  
food

**Answer:**



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**43.** Wrestlers and body builders need to eat food items rich in i which help them in keeping their bodies strong while food items rich in ii provide protection against diseases. The information in which alternative completes the given statement?

A. i- carbohydrates ii- proteins

B. i- proteins ii- vitamins and minerals

C. i- carbohydrates ii- vitamins and minerals

D. i- proteins ii- fats

**Answer:**



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**44.** Roughage is mainly provided by plant-derived products in food. What is the main function of roughage in our body?

- A. To provide energy to the body
- B. To keep eyes and skin healthy
- C. To help the body fight various diseases

D. To help the body get rid of undigested food

**Answer:**



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**45.** Which component of food helps the body get rid of undigested food?

A. Water

B. Roughage

C. Minerals

D. Fats

**Answer:**



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**46.** The alternatives in the given table can be correctly matched as

	Column A		Column B
i	Carbohydrates	a	Protection
ii	Proteins	b	Digestion
iii	Roughage	c	Strength
iv	Vitamins	d	Energy

A. i-d,ii-b ,iii-c,iv-a

B. i-a,ii-b ,iii-c,iv-d

C. i-d,ii-c ,iii-b,iv-a

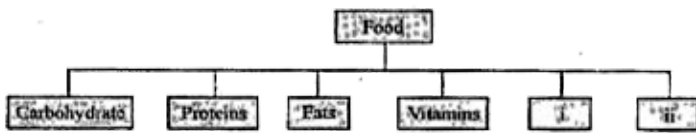
D. i-b,ii-a ,iii-d,iv-c

**Answer:**



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**47.** The given flowchart represents some nutrients which are essential for our body.



The information in which alternative completes the given flowchart?

- A. i-water ii-roughage
- B. i-roughage ii-sprouts
- C. i-sprouts ii-water
- D. i-water ii-sweets

**Answer:**



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1. Which one is an insectivorous plant?

A. Lichens

B. Venus fly-trap

C. Mushrooms

D. Yeast

**Answer:**



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2. Two different organisms living together and both benefiting from each other, are known as

- A. Saprophytic
- B. Symbiotic
- C. Parasitic
- D. Heterotrophs

**Answer:**



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3. The process, by which green plants prepare their own food is known as

A. Photosynthesis

B. Respiration

C. Symbiosis

D. None of these

**Answer:**



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4. The green colour pigment in the leaves is

A. Chlorophyll

B. Anthocyanin

C. Protoplast

D. Chloroplast

**Answer:**



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5. Tiny pores on the lower surface of leaf are

A. Lamina

B. Stomata

C. Chlorophyll

D. Leaf stalk

**Answer:**



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6. The body-building function of food is related to the presence of \_\_\_\_\_



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7. Energy-giving foods are carbohydrates and

-----



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8. Nutrient balance can only be achieved by supplying all nutrients in the correct

\_\_\_\_\_and proportions.



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9. \_\_\_\_\_ and \_\_\_\_\_ are the major sources of carbohydrates in our diets.



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10. Water makes up approximately \_\_\_\_\_ percent of the total weight of an adult.



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**Summative Worksheet Fill In The Blanks**

1. Pulses contain high amount of \_\_\_\_\_



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2. Minerals present in bones and teeth are \_\_\_\_\_ and \_\_\_\_\_



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3. The main function of carbohydrates is to provide \_\_\_\_\_ to the body.







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4. The vitamin necessary for blood clotting is

\_\_\_\_\_



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5. The vitamin synthesized by the skin in sunlight is \_\_\_\_\_



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6. Deficiency of iodine leads to \_\_\_\_ in man



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7. Food energy is measured in units called \_



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8. We get most of our calories from and

-----



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9. Citrus fruits are rich in vitamin \_\_\_\_\_



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10. Deficiency of vitamin C causes a disease called \_\_\_\_\_



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11. To stay healthy, we should consume \_\_\_\_\_



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12. Two foods that have a lot of starch are \_\_\_\_  
and \_\_\_\_



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13. Green plants use \_\_\_\_\_ and \_\_\_\_\_ to prepare  
food,



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14. During photosynthesis, the gas released is

\_\_\_\_\_



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15. The presence of starch can be tested by

using\_\_\_\_\_



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16. On testing with iodine, starch turns \_\_\_\_\_ in colour.



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17. The pigment \_\_\_\_\_ is present inside certain structures called in a leaf.



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**18.** The small pores present on the leaves through which carbon dioxide enters the leaf are called



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## Summative Worksheet True And False

**1.** You use more calories when you swim than when you walk.



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**2.** Proteins supply the maximum calories to our bodies.



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**3.** A diet that supplies enough calories is a balanced diet.



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4. We can live without proteins.



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5. Iron is an important part of blood.



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6. Potato is rich in carbohydrates.



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7. Iodine solution is used to test the presence of fats in the food.



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8. The chlorophyll pigment enables the plant to use sunlight.



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**9.** If there were no plants, the amount of oxygen in the air would go on decreasing.



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**10.** Green plants prepare their food by using oxygen and water.



**Watch Video Solution**

**11.** Photosynthesis occurs only in chlorophyll containing parts of the plant.



**Watch Video Solution**

**12.** Define the Food



**Watch Video Solution**

**13.** What is the Nutrition?



**Watch Video Solution**

**14. Define the term Nutrient**



**Watch Video Solution**

**15. Define the Autotrophic nutrition**



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**16. Define the Carnivores**



**Watch Video Solution**

**17.** Define the term Omnivores



**Watch Video Solution**

**18.** Define the Herbivores and give examples of the same.



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**19.** Define the Insectivorous plants



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**20. Define the Symbiotic nutrition**



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**21. Define the Saprophytic nutrition**



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**22. Define the Heterotrophic nutrition**



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23. Define the Parasitic nutrition



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## Summative Worksheet Name The Following

1. Energy-providing foods



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## 2. Growth-promoting foods



[Watch Video Solution](#)

## 3. Protective foods Some food



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## 4. items that is rich in calcium



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## 5. Three sources of Carbohydrates



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6. Three sources of each of the following nutrients:

Fats



**Watch Video Solution**

7. Three sources of each of the following nutrients:

Proteins



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8. Diseases caused by the deficiency of

Vitamin A



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**9. Diseases caused by the deficiency of**

**Iron**



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**10. Diseases caused by the deficiency of**

**Vitamin C**



**Watch Video Solution**

**11.** Which disease is caused by the deficiency of Iodine



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**12.** Mineral supplied by the following foods  
Seafood



**Watch Video Solution**

**13.** Mineral supplied by the following foods

Milk



**Watch Video Solution**

**14.** Mineral supplied by the following foods

Table salt



**Watch Video Solution**

**15.** The pigment which gives green colour to leaves.



**Watch Video Solution**

**16.** Name a gas used in photosynthesis.



**Watch Video Solution**

**17.** One plant which can eat insects,



**Watch Video Solution**

# Summative Worksheet How Do You Test For

## 1. Proteins in food



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## 2. Carbohydrates in food



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### 3. Water in food



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### 4. Fats in food



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### 5. Starch in a green leaf after photosynthesis



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## 6. Starch in food items



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## 7. The role of chlorophyll in photosynthesis



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## 8. The role of light in photosynthesis



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# Summative Worksheet Answer The Following

1. List three functions of food.



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2. Name the various components of food,



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3. What is roughage? How is it important for the body?



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4. Why is water essential for our bodies?



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5. What is a balanced diet?



**Watch Video Solution**

6. What is obesity?



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7. Give a brief account of three food fads.



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8. Mention five good food habits.



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**9.** Mention the roles of different components of food.



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**10.** What are the average daily requirements of proteins in case of children and adults? Why do children need more proteins than adults?



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**11.** Why should we include vitamins in our diet?

Mention the sources of different vitamins.



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**12.** Which one offers more energy- one banana or 100 grams of grapes?



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**13.** Which one offers you more energy?

one egg or one teaspoon of butter.



**Watch Video Solution**

**14.** Which substances eaten by man have little or no nutrient value?



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**15.** All living organisms need food, justify.





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**16.** Describe the role of chlorophyll in photosynthesis.



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**17.** Define nutrition. What are the various types of nutrition?



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**18.** Which part of the plant body takes in water?



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**19.** Where from does carbon dioxide enter a plant?



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**20.** What is produced during photosynthesis?





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21. Mention the different factors affecting the rate of photosynthesis,



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22. Describe the role of stomata in photosynthesis.



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23. How is food material transported from the leaves to other plant parts?



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## Summative Worksheet Match The Following

1. Match the statements in column A with those in column B,

Column-A	Column-B
1. Tiny pores in leaves	(a) Leaf
2. Needed by plants to make food	(b) Stomata
3. A plant's food factory	(c) Water, sunlight
4. Living on another organisms and derive food from them	(d) Symbiosis
5. Two different organisms live together and both are mutually beneficial	(e) Parasitic



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2. Complete the following table

S.No.	Food Product	Source (Name of animals providing the food product)
1.	Milk	
2.	Egg	
3.	Meat	
4.	Honey	



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3. Look at the figure. The girl in the picture has a number of food items before her. How can

you solve her problem?



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