



# BIOLOGY

## BOOKS - PEARSON IIT JEE

### FOUNDATION

## FOOD AND FOOD PRESERVATION

### Quick Recap

1. What are nutrients? What are their different types?



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**2. What do you mean by malnutrition?**



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**3. What is the difference between healthy and junk food?**



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4. What is food poisoning? What are its symptoms?



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5. Name two artificial preservatives.



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**Test Your Concepts**

1. \_\_\_\_\_ is the condition in which there is an imbalance between a person's food intake and requirement.



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2. Burger, pizza, etc., are examples of \_\_\_\_\_ food.



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3. \_\_\_\_\_ is a food-preserving method in which water content of food is reduced to prevent microbial growth.



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4. Pasteurization was first demonstrated by \_\_\_\_\_



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5. \_\_\_\_\_ are tall tower-like structures on a farm meant for food storage.



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6. Fruits and jams are preserved by \_\_\_\_\_

A. smoking

B. heating

C. oiling

D. adding sugar

**Answer: D**



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7. Which of the following is a wrong match?

A. Vitamin A - Night blindness

B. Vitamin C - Scurvy

C. Vitamin B - Beriberi

D. Vitamin D - Goitre

**Answer: D**



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8. Deficiency of calcium causes \_\_\_\_\_

A. rickets

B. anaemia

C. goitre

D. weak bones

**Answer: D**



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9. Bleeding gums is a symptom of \_\_\_\_\_ .

A. anaemia

B. scurvy

C. goitre

D. beriberi

**Answer: B**



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10. Bent bones are symptom of \_\_\_\_\_ .

A. rickets

B. scurvy

C. night blindness

D. goitre

**Answer: A**



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**11. Pasteurization of milk involves:**

A. Heating the milk for 45 seconds at 80°C

B. Heating the milk at 72°C for 15 seconds

C. Heating the milk for 1 second at 100°C

D. Chilling the milk for 15 seconds

**Answer: B**



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**12.** Assertion (A): Food can be preserved by adding salt.

Reason (R): Salt increases the moisture content in which microorganisms are unable to grow.

A. Both A and R are true and R is the correct explanation for A.

B. Both A and R are true, but R is not the correct explanation for A.

C. A is true and R is false.

D. A is false and R is true.

**Answer: C**



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## Mastering The Concepts Knowledge And Understanding

1. Explains different methods of food preservation.



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2. Explain the process of pasteurization.



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3. What is the difference between silos and granaries?



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4. What are the factors that cause food spoilage?



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5. What is food spoilage? What are the consequences of eating spoiled food?



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6. What are deficiency diseases? Name the disease caused due to protein deficiency in children.



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## Mastering The Concepts Application And Analysis

1. A child was diagnosed with poor vision and loss of vision at night or darkness. What could



be disease be and what could be the possible reasons for its onset?



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2. What is food preservation? What are the factors to be kept in mind while preserving food?



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3. A food item gives a blue-black color with iodine. What does this tell you about the composition of this food item?



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4. People living in coastal areas generally do not suffer from goitre. Explain.



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5. Excess intake of fats is harmful as it causes obesity. Would it be harmful to the body if there is excessive intake of proteins or vitamins?



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6. Mrs. Sharma was worried about her daughter not eating properly even though her favourite dishes are made, and showed very small growth in the last six months. Which

nutrient deficiency may be there in the girl child?



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7. It is not advised to wash fruits and vegetables after cutting them. Why?



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