



BIOLOGY

BOOKS - VGS PUBLICATION-BRILLIANT

FOOD COMPONENTS

Exercise

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



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2. Manjula eats only bread and omelette daily.

Do you think it is a balanced diet? Why? Why not?



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3. Make a list of food items that contain all components of food.



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



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



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



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7. 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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8. Draw a some food items of your diet and explain why you like them.



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9. If you were invited to a party with food items in the menu like Rice, Roti, Puri, Idly, Dosa, Samosa, Dal, Green salad, Vegetable curry, Fruit chat, Chicken curry, Eggs, Gulab Jamun.

What food items would come on to your plate to make your diet a balanced one?



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10. If you were invited to a party with food items in the menu like Rice, Roti, Puri, Idly, Dosa, Samosa, Dal, Green salad, Vegetable curry, Fruit chat, Chicken curry, Eggs, Gulab Jamun.

What food items would you take plenty, adequately?



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11. How is water useful to our body?



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12. If our food is not balanced with proper nutrients we may.....



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13. Fill in the blanks.

Fibres in our diet prevent _____.



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14. Fill in the blanks.

Our daily diet should include plenty of _____.



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15. Fill in the Blanks : Oils and fats give us ____.



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16. Prepare a balanced diet chart with the help of your group and exhibit it in your classroom science fair.



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17. Prepare Kichidi with out mother's help using all kinds of available vegetables, dal,

nuts etc. Write a note on the process of making Kichidi.



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18. Mention some food items which keep you healthy.



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19. What are roughages ? In what way are they useful to us ?



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20. Mention some sources of roughages.



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21. Why should we eat fruits with peels ? What should be done before eating them.?



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22. Do fruits and vegetables contain water in them ? Give some examples of such fruits.



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23. Why does our body need water ? Explain with an example.



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24. How would you make your diet a balanced one ?



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25. Write the history of food and nutrition.



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26. Observe whether your mother cooks on a low or high flame. Discuss with your mother

and find out the reason.



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27. How do you test the presence of starch in the food item given to you.



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28. Describe how do you test the presence of fats in the food item given to you.



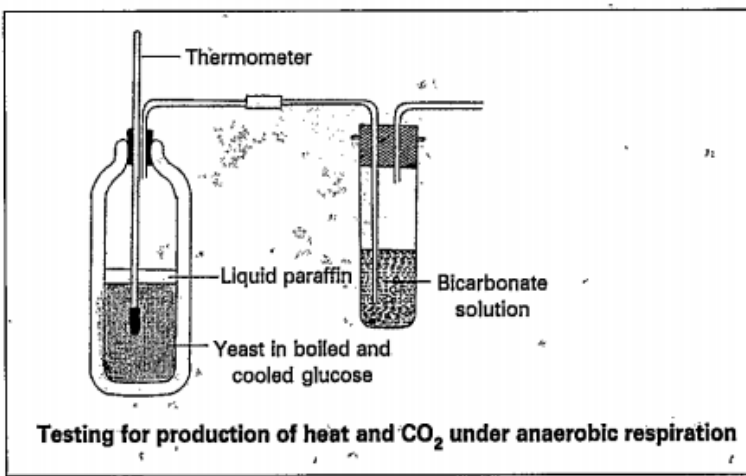
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29. What test do you conduct to detect the presence of proteins in the food item given to you?



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30. Observe the above diagram and answer the following questions.



What does the above setting (diagram) indicate?

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31. Collect some food packets like chips, coffee, biscuit ... etc., and put a tick mark if you find the listed food components (carbohydrates,

proteins, fats, vitamins, etc) present in food items.



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32. What are the components found in biscuits?



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33. What components are most common in your list?



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34. Do you find any vitamins and minerals in the biscuits ? What are they ?



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35. how do you write salt and sugar ? Why ?



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36. Are there any food items with similar components ?



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37. What are the essential components of food ?



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38. Different food items are given in below. Find out the type of components in them and fill the information on the basis of your observations.1.ice cream



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39. Which foods show the presence of starch?



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40. What nutrients are present in milk ?



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41. Which component of food could you identify in potatoes?



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42. Which food item contains more fat ?



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43. Which food items contain more protein?



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44. Why should we eat food?



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45. Do we need energy while sleeping?



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46. Suppose you don't get food for lunch how do you feel ?



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47. If you don't get food for many days what will happen to you ?



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48. Mention some food items which keep you healthy.



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49. Is balanced diet cheap ? Explain.



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50. List the food items eaten by you yesterday from breakfast to dinner.



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51. Does your diet contain all necessary components of food in it.



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52. How and why the nutrients in the food are lost?



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53. List out the food items which are to be eaten moderately, adequately, plenty and sparingly.



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54. Why should we avoid Junk foods ?



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55. On what factors does the food habits of people depend ?



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56. Food supplies

A. Energy

B. Strength

C. Everything

D. Heat

Answer:



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57. Solution used for testing starch

- A. Sodium hydroxide
- B. Copper sulphate
- C. Iodine
- D. None

Answer:



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58. These are a kind of carbohydrates that our body fails to digest.

A. Rice

B. Wheat

C. Beverages

D. Roughages

Answer:



59. This contain more water.

A. Brinjal

B. Onion

C. Melons

D. Lady's finger

Answer:



60. This help the food to move easily in the digestive tract.

A. Milk

B. Curd

C. Oils

D. Water

Answer:



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61. Balanced diet is

A. Costly

B. Cheap

C. Not very costly

D. Not cheap

Answer:



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62. MULTIPLE CHOICE QUESTION

This food that cause damage to our digestive system.

- A. Junk food
- B. Staple food
- C. Ready made food
- D. Salads

Answer:



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63. The founder of modern science of nutrition was

A. Franklin

B. Lind

C. Lavoisier

D. Jenner

Answer:



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64. 'Scurvy' was discovered by

A. Lind

B. Lavoisier

C. Jenner

D. J.C. Bose

Answer:



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65. This prevents constipation

A. Water

B. Dietary fibres

C. Fats

D. Proteins

Answer:



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66. We need energy while sleeping to maintain

A. Breathe

B. Blood circulation

C. Heart beat

D. All the above

Answer:



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67. Presence of starch is tested by using.....

A. Iodine

B. Calcium

C. Iron

D. Sodium

Answer:



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68. Dilute Iodine appears in _____ colour.

A. Light yellow

B. Blue

C. Pink

D. Green

Answer:



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69. In iodine test starch converts into ___ colour.

A. Light yellow

B. Blue

C. Pink

D. Green

Answer:



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70. Carbohydrates are rich in.....

A. Rice

B. Wheat

C. Potatoes

D. All the above

Answer:



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71. Change of colour to violet or purple confirms presence of

A. Carbohydrate

B. Fats

C. Proteins

D. Vitamins

Answer:



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72. Growing children need more.....

A. Starch

B. Proteins

C. Fats

D. Minerals

Answer:



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73.helps in free bowel movement in the digestive tract.

A. Proteins

B. Vitamins

C. Fats

D. Roughage

Answer:



74. Junk food causes damages to over.....system.

- A. Respiratory
- B. Digestive
- C. Nervous
- D. All the above

Answer:



75. Scurvy is cured by eating

A. Fresh fruits

B. Meat

C. Egg

D. Rice

Answer:



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76. Major component in the food is

A. Carbohydrates

B. Proteins

C. Fats

D. Vitamins

Answer:



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77. Fibers are the sources from

A. Rice

B. Pulses

C. Vegetables, & Fruits

D. Salts

Answer:



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78. One man suffering from constipation, which component is less in his food ?

A. Carbohydrates

B. Proteins

C. Fats

D. Roughages

Answer:



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79. Iodine solution is used for testing the presence of

A. Starch

B. Glucose

C. Fats

D. Proteins

Answer:



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80. The Iodine converts the colour of starch as

A. Red

B. Blue

C. Yellow

D. Green

Answer:



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81. Paper translucent test is used for

A. Carbohydrates

B. Fats

C. Proteins

D. Minerals

Answer:



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82. In the Proteins test we use

A. 2% Copper sulphate

B. 10% Sodium Hydroxide

C. 2% Copper oxide

D. Both A and B

Answer:



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83. Which of the following is a good food item
?

A. Milk

B. Rice

C. Potato

D. Apple

Answer:



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84. The aim of the given(glass pipe,cotton) experiment is

A. Need of water in the body

B. How the cotton moves ?

C. How to close the glass pipe ?

D. Filling the glass tube with cotton.

Answer:



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85. It is good to wash the fruits in

A. Water

B. Salt water

C. Hot water

D. Cool water

Answer:



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86. Generally fruit peels contain.

A. Carbohydrates

B. Proteins

C. Fibre

D. Minerals

Answer:



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87. Good water sources of fruit is

A. Apple

B. Guava

C. Water melon

D. Banana

Answer:



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88. Oil, ghee, butter are the sources of.....

A. Carbohydrates

B. Proteins

C. Fats

D. Minerals

Answer:



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89. Which of the following are very less amount in our food?

A. Proteins

B. Fats

C. Carbohydrates

D. Vitamins

Answer:



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90. Food habits of people depend upon.....

A. Climate

B. Availability

C. Cultural practices

D. All

Answer:



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91. Which of the following disease is cured by food?

A. Scurvy

B. Malaria

C. Fever

D. Heart enlarge

Answer:



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92. (i) There is no harm if a child eats too much of junk food. (ii) Obesity is caused due to lack of proteins in diet.

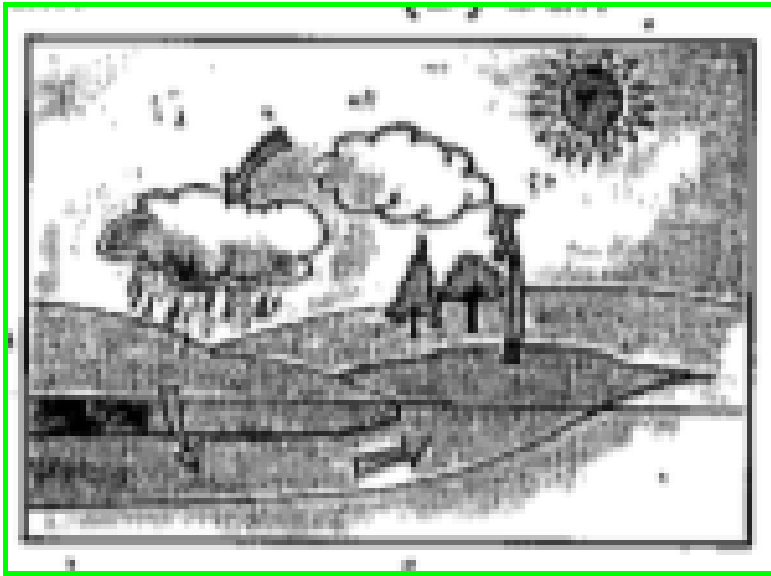
- A. Only (i) is correct
- B. Only (ii) is correct
- C. Both are correct
- D. Both are incorrect

Answer:



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93. The process shown in the figure is -



A. Fats

B. Carbohydrates

C. Vitamins

D. Proteins

Answer:



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94. These are rich in a mineral that is abundant in sea animals. Can you name the mineral.

A. Iron

B. Phosphorus

C. Iodine

D. Calcium

Answer:



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95. Assertion (A) : Dried beans and eggs contain appreciable amounts of phosphorus.

Reason (R) : Milk and dairy products are excellent sources of phosphorus. ()

A. Both 'A' and 'R' are true and 'R' is the correct explanation of 'A'.

B. Both 'A' and 'R' are true but 'R' is not the correct explanation of 'A'.

C. 'A' is true but R is false.

D. 'A' is false but R is true.

Answer:



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96. The material your teacher added to solution of rice powder to prove the starch test is

A. Copper sulphate

B. Iodine solution

C. Magnesium Oxide

D. Blue litmus

Answer:



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97. Which of the following avoids constipation

?

A. Proteins

B. Fibers

C. Carbohydrates

D. Salts

Answer:



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98. Kalyan wants to test the nutrients in the starch-powder. He added Iodine drops. What colour may he have observed in the test tube ?

A. Blue or black

B. Violet

C. Yellow

D. No colour

Answer:



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99. For testing starch _____ solution is used.

A. Iodine

B. Chlorine

C. Alcohol

D. Copper sulphate

Answer:



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100. Identify the food component that should be consumed sparingly.

A. Cereals

B. Pulses

C. Ghee

D. Oil

Answer:



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101. Which of the following is the richest source of roughages ?

A. Milk

B. Fish

C. Curd

D. Leafy vegetables

Answer:



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102.helps in free bowel movement in the digestive tract.

A. Fat

B. Roughage

C. Vitamins

D. Minerals

Answer:



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103. The following food item is the RICHEST source of starch.

A. Milk

B. Spinach/palak

C. Egg

D. Rice

Answer:



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