



# BIOLOGY

## BOOKS - ICSE

### NUTRITION

**Progress Check**

**1. Define malnutrition.**



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2. Categorise the following into carbohydrates and proteins :

Cellulose , Starch, Egg albumen , milk , Pea , Glycogen, Cane -sugar



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3. Write the approximate requirement of calories for the following :

(i) An adult physical labourer.

(ii) A teenager.

(iii) A pregnant woman.



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## Review Questions Multiple Choice Type

1. Which one of the following pairs of nutrients includes both as simple sugars (monosaccharides) ?

A. Sucrose and glucose

B. Glucose and maltose

C. Fructose and glucose

D. Maltose and lactose

**Answer:**



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2. Which one of the following is the correct matching of a nutrient mineral element and its one rich source

A. Calcium - Potato

B. Sodium - Citrus fruits

C. Iodine - Dairy milk

D. Potassium - Banana

**Answer:**



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**3. Marasmus is due to deficiency of :**

A. Vitamin C`

B. Carbohydrates, fats and proteins

C. Fat

D. Food

**Answer:**



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**4. Fat soluble vitamins are :**

A. A, D and E

B. B, C and D

C. B, D and E

D. A, B and C

**Answer:**



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**5. Which of the following is the best source of Vitamin A:**

A. Apple

B. Honey

C. Carrot

D. Peanuts

**Answer:**



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**6. Ascorbic acid is Vitamin :**

A. C

B. D

C. B



D. A

**Answer:**



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## Review Questions Very Short Answer Type

1. Mention whether the following statements are true (T) or false (F)

Cellulose in our food passes out undigested.

(T/F) .....



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2. Mention whether the following statements are true (T) or false (F)

Kwashiorkor is a severe vitamin deficiency disease (T/F). .....



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3. Mention whether the following statements are true (T) or false (F)

Iron is required for the proper working of thyroid. (T/F) .....



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4. Mention whether the following statements are true (T) or false (F)

Foods protect us from disease and therefore antibiotics which protect us from disease are also foods. (T/F) .....



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5. Mention whether the following statements are true (T) or false (F)

Mineral salts contribute in regulating body processes. (T/F) .....



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6. Name the mineral element that is needed for the following respectively :

Strong teeth



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7. Name the mineral element that is needed for the following respectively :

Proper working of thyroid



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8. Name the mineral element that is needed for the following respectively :

Synthesis of haemoglobin



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9. Name the nutrients whose deficiencies cause the following diseases in humans:

Pernicious anemia



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10. Name the nutrients whose deficiencies cause the following diseases in humans:

Pellagra



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**11.** Name the nutrients whose deficiencies cause the following diseases in humans:

Night blindness



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**12.** Name the nutrients whose deficiencies cause the following diseases in humans:

Goitre



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**13.** Name the nutrients whose deficiencies cause the following diseases in humans:

kwashiorkor



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**14.** Mark the odd one out in each of the following cases and name the category to which the others belong

Xerophthalmia, Marasmus, Pellagra, Scurvy.



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**15.** Mark the odd one out in each of the following cases and name the category to which the others belong

Riboflavin, Thiamine, Folic acid, Iodine.



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## **Review Questions Short Answer Type**

**1.** Give two examples each of the following and their usefulness, if any, in our body.

## Monosaccharides



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2. Give two examples each of the following and their usefulness, if any, in our body.

## Disaccharides



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3. Give two examples each of the following and their usefulness, if any, in our body.

# Polysaccharides



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4. Define and give one example of a balanced diet.



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5. A doctor advises a bone patient to include more of milk and milk products in his everyday food. Why so ?



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## Review Questions Long Answer Type

1. List the six main purposes for which food is required by the body



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2. Why are proteins necessary in our food ?

Name one protein deficiency disease of young

children.



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3. Taking the examples of whole grain atta, fruit and green leafy vegetables, describe how roughage in our diet is useful.



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**Review Questions Structured Application Skill  
Type**

1. Given below is an incomplete table of vitamins, their rich sources and the related deficiency diseases. Fill in the blanks [(i)-(viii)] with only one suitable word for each.

Vitamin	Rich Source	Deficiency disease
(i) .....	Whole grain	Beri-beri
Niacin	Milk	(ii) .....
(iii) .....	(iv) .....	Scurvy
Calciferol	(v) .....	(vi) .....
(vii) .....	Carrot, yellow fruit	(viii) .....



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2. Complete the following table by filling the blanks

Mineral	Function	Rich Source
Iodine	..... Formation of Haemoglobin	..... .....
.....		.....
Calcium	.....	.....
Potassium	.....	.....



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1 Mark Questions

1. Which one of the following is a vitamin deficiency disease?

A. Diabetes

B. Goitre

C. Marasmus

D. Scurvy

**Answer: D**



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2. Goitre is caused due to the deficiency of:

A. Carbohydrate

B. Protein

C. Iodine

D. Fatty acid

**Answer: C**



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3. A disease caused by deficiency of iron :

A. Anaemia

B. Cholera

C. Dysentery

D. Marasmus

**Answer: A**



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**4. Ascorbic acid is Vitamin :**



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5. Give two examples of roughage.



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6. Correct the statements by changing the underlined word :

Iron is the mineral required for the proper functioning of the thyroid gland



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## 2 Mark Questions

1. Define malnutrition.



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2. How does protein provide nutrition?



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**3.** Define and give one example of a balanced diet.



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**4.** Name the disease caused due to deficiency of vitamin A and C.



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5. Differentiate between the following pairs on the basis of what is given in the brackets.

Carbohydrate and Protein (Example)



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6. Differentiate between the following pairs on the basis of what is given in the brackets.

A saturated fat and unsaturated fat (Example)



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7. Why is there no enzyme to digest vitamin ?



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8. A doctor advises a bone patient to include more of milk and milk products in his everyday food. Why so ?



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**3 Mark Questions**

1. Name the following:

The undigested cellulose which is fibrous in nature.



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2. Name the following:

The condition that a person suffers due to deficiency of one or more essential elements in food.



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**3. Name the following:**

A disease in which legs become thin and show curvature called matchstick legs.



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**4. What is approximate requirement of calories for the following:**

An active child of about 6 years.



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5. What is approximate requirement of calories for the following:

An adult woman at complete rest.



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6. Write the approximate requirement of calories for the following :

(i) An adult physical labourer.

(ii) A teenager.

(iii) A pregnant woman.



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7. Name the mineral element that is needed for the following respectively:

Water balance



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8. Name the mineral element that is needed for the following respectively:

Production of melanin .



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**9.** Name the mineral element that is needed for the following respectively:

Nerve and muscle activities



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**10.** Give biological explanations for the following statements:

Roughage is an important part of our diet.



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**11.** Give two examples each of the following and their usefulness, if any, in our body.

Monosaccharides



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**12.** Give two examples each of the following and their usefulness, if any, in our body.

Disaccharides



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**13.** Give two examples each of the following and their usefulness, if any, in our body.

Polysaccharides



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## 5 Mark Questions

**1.** Give an example : A deficiency disease



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2. Give an example : A fat soluble vitamin



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3. Give an example : A water-soluble vitamin



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4. Give an example : A disaccharide



**Watch Video Solution**

5. Give an example : A mineral



**Watch Video Solution**

6. Give an example : A polysaccharide



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7. Give an example : An iodine deficiency disease



**Watch Video Solution**



**8. Give an example : A vitamin deficiency**



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**9. Give an example : A water-soluble vitamin**



**Watch Video Solution**

**10. Give an example : A nutrient**



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**11.** Give appropriate biological / technical terms for the following:

Disease caused due to deficiency of vitamin D.



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**12.** Give appropriate biological / technical terms for the following:

Vitamin required for blood coagulation.



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**13.** Give appropriate biological / technical terms for the following:

A vitamin that increases the absorption of calcium and phosphorus for bone and tooth formation.



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**14.** Give appropriate biological / technical terms for the following:

Part of the food found in the skin of the vegetables which cannot be digested.



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**15.** Give appropriate biological / technical terms for the following:

A nutrient whose deficiency causes Pellagra in humans



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**16.** Choose the odd one out of the following terms given and name the category to which

the others belong:

Vitamin C, Vitamin K, Vitamin A, Vitamin E



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**17.** Choose the ODD one out from the following terms given and name the CATEGORY to which the others belong :

Retinol, Thiamine, Riboflavin, Ascorbic acid,  
Folic acid



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**18.** Choose the ODD one out from the following terms given and name the CATEGORY to which the others belong :

Iron, Cobalt, Sodium, Copper, Zinc.



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**19.** Choose the ODD one out from the following terms given and name the CATEGORY to which the others belong :

Glucose, Galactose, Fructose, Lactose, Keratin.



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20. Choose the ODD one out from the following terms given and name the CATEGORY to which the others belong :

Butter, Cane sugar, Honey, Potato, Rice.



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21. Choose the ODD one out from the following terms given and name the

CATEGORY to which the others belong :

Honey, Milk, Cheese, Pulses, Egg.



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**22.** Choose the ODD one out from the following terms given and name the CATEGORY to which the others belong :

Iron, Sodium, Potassium, Nicotinic acid, Calcium.



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**23.** Choose the ODD one out from the following terms given and name the CATEGORY to which the others belong :

Xerophthalmia, Marasmus, Pellagra, Scurvy



**Watch Video Solution**

**24.** Choose the ODD one out from the following terms given and name the CATEGORY to which the others belong :

Maltose, Lactose, Glycogen, Sucrose



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**25.** Choose the ODD one out from the following terms given and name the CATEGORY to which the others belong :

Fructose, Butter, Cream, Vegetable oils.



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**26.** Complete the following paragraph by filling in the blanks (i) to (x) with appropriate words:

(i)..... forms the building material of our

body. Potato is a good source of (ii) .....  
Deficiency of protein and calories causes (iii)  
..... and (iv) ..... respectively. Calcium  
play an important role in (iv) ..... . Oils are rich  
in (v) ..... fatty acids. Iron is essential for  
the formation of (vi) ..... in blood. Over-  
nutrition may lead to (vii) ..... and (viii)  
..... Night blindness occurs due to  
deficiency of (ix) . ..... Vitamin B1 is also  
known as (x) .....



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