



# BIOLOGY

## BOOKS - ICSE

### NUTRITION [NUTRITION IN GENERAL]

#### 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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