Chapter – 1

Food

Evaluation

I. Choose the correct answer:

Question 1.

The biotic factor which spoils the food item is a) drying b) temperature c) humidity d) bacteria

Answer:

(d) bacteria

Question 2.

Grains are preserved by a) drying b) freezing c) adding sugar d) adding salt

Answer:

(a) drying

Question 3.

Anaemia is a disease which occurs due to lack of a) Vitamin-A b) Vitamin-B c) Iron d) Vitamin-D

Answer:

(c) Iron

Question 4.

Storage of excess fat in the body is known as a) obesity b) headache c) fever d) stomach pain

Answer:

(a) obesity

Question 5.

Carbohydrates are rich in a) ghee b) fruits c) rice d) oil

Answer:

(c) rice

II. Fill in the blanks:

Question 1. Night blindness is caused by the lack of_____.

Answer:

Vitamin A

Question 2.

Marasmus is a _____ deficiency disease.

Answer:

protein

Question 3. Bad smell from the food item is due to _____.

Answer: Evaporation

Question 4.

Humidity in air is one of the _____ factor, which spoils food.

Answer:

Decompose

Question 5.

Using low-quality gas tubes in the gas stove may lead to _____ leakage.

Answer:

Gas

III. Match the following:

1.	Protein deficiency	- Vitamin –D
2.	Rickets	- Physical inactivity
3.	Obesity	- In-flammable material
4.	Kerosene	- Fruits
5.	Freezing	- Kwashiorkor

Answer:

Protein deficiency - Kwashiorkor

Rickets	-	Vitamin –D
Obesity	-	Physical inactivity
Kerosene	•	In-flammable material
Freezing	-	Fruits

IV. Say True or False:

Question 1.

Vinegar is added as a preservative for pickles.

Answer:

True

Question 2. Irradiation affects the taste of food materials.

Answer:

False

Question 3.

In case of gas leakage, we can continue to use electrical appliances.

Answer:

False

Question 4.

Deficiency due to iodine is called beriberi.

Answer:

False

Question 5. Growing children need more proteins in their food.

Answer:

True

V. Answer briefly:

Question 1. Define deficiency disease.

Answer:

Deficiency in one or more of the nutrients causes various diseases. These are called deficiency diseases.

Question 2.

What is known as balanced diet?

Answer:

The food we normally eat in a day is our diet. For growth and maintenance of good health, our diet should have all the nutrients that our body needs, in right quantities. Such a diet is called a balanced diet.

Question 3. How can we prevent obesity?

Answer:

- 1. Avoid fast foods, fried items and meat with more fat.
- 2. Eat fruits and vegetables, legumes, whole grains and nuts.
- 3. Do regular physical exercises.
- 4. Don't play games in computer and mobile phones.
- 5. Have proper sleep time.

Question 4.

What should we do in case of minor burns?

Answer:

In case of minor burns, the burnt area should be held under cool running water for some time and proper medical treatment should be given.

Question 5.

Define spoilage of food.

Answer:

The change in the normal state of the food is called spoilage of food.

Question 6.

What is the purpose of food preservation?

Answer:

- 1. To retain the colour, taste and nutritive value of the food.
- 2. To make food available throughout the year.
- 3. To prevent the growth of micro-organisms like bacteria and fungi in the food items.
- 4. To reduce the wastage of food materials.
- 5. Preserving food not only protects our health but also makes food available to the people who need it.

VI. Answer in detail:

Question 1.

Write about food preservation methods.

Answer:

Drying: It is the removal of water content from the food by drying it in the sunlight. E.g. Grains.

Addition of salt: When salt is added to food, it removes the water from the food.

E.g. Fish, Pickles.

Addition of sugar: When sugar is added to food, it dissolves in the water content of the food and preserves the food items from spoilage. E.g. Jam, Fruit juices.

Freezing: The microbial growth and the enzyme activity on the frozen food items can be prevented by this method. E.g. Fruits, Vegetables.

Boiling: It kills the micro-organisms present in the food materials. E.g. Milk, Water.

Canning and bottling: In this method, food is packed in airtight cans so that germs do not grow on them. E.g. Milk powder.

Addition of chemical preservatives: Chemical preservatives are added to stop the growth of micro-organisms in certain food materials. E.g. Sodium benzoate is added with fruits, Sulphur dioxide is added with dry fruits, Vinegar is added with pickles.

Question 2.

Explain the different types of food.

Answer: Different types of food

- 1. Grains
- 2. Vegetables
- 3. Fruits
- 4. Milk
- 5. Meat, Fish, Egg
- 6. Fat/Oil, Salt and Sugar

Some major food items are given in the table below.

Major Food Items	Sources
Carbohydrates	Honey, Sugarcane, Fruits, Whole grains, Vegetables, Rice
Proteins	Legumes, Pulses, Nuts, Soya bean, Green leafy vegetables, Fish, Egg, Milk
Fats	Egg yolk, Saturated oil, Meat

Question 3.

Write about kitchen safety.

Answer:

Kitchen is an important place in our homes. We prepare our food in the kitchen. We use gas cylinders for cooking. Some of us may use electric stoves. The equipment and the environment in the kitchen may be little dangerous. So we need to be cautious and careful.

The following table gives what should we do and what we shouldn't do while handling gas cylinders.

Do's	Don'ts
Keep the cylinder in vertical position	Do not keep the cylinder in horizontal
at plain level and in a well-aired place.	or inverted position.
Keep the lighter ready and then turn	Do not turn the knob before lighting
on the gas stove knob.	the lighter. It may lead to gas leakage.
Keep the windows and doors open to	Do not turn off an electrical appliance
ensure ventilation in case of gas	in the kitchen. If there is a gas leakage
leakage.	it may lead to fire.

Always use I.S.I standard gas stoves,	Don't use low quality gas stoves, tubes
regulators and gas tubes.	and regulators. It may lead to gas
	leakage.

VII. Higher order thinking questions:

Question 1.

Ram put water over a burning wood in the kitchen. The fire is put off. How the water was able to put out the fire?

Answer:

When Ram put water on fire it does two things. It displaces the free oxygen molecules (which have two atoms of oxygen) so that it is not available to participate in the burning process and it turns to steam, carrying heat away from the fire, cooling it to the point where it can no longer burn.