

Chapter – 02

Worksheet – 01

Question 1. Which of the following is a protective food?

- (a) Milk
- (b) Oils And Fats
- (c) Fruits
- (d) Cereals

Question 2. Goitre: swelling of thyroid glands occurs due to the deficiency of

- (a) Iron
- (b) Potassium
- (c) Phosphorus
- (d) Iodine

Question 3. Match the column

(P)Deficiency of Vitamin A	(X)Causes Beriberi
(Q) Deficiency of Vitamin B	(Y) Caused Loss of Vision
(R) Deficiency of Iron	(Z) causes Anaemia

Which of these are correct?

- (a) P -> X, Q -> Y, R -> Z
- (b) P -> Y, Q -> X, R -> Z
- (c) P -> Z, Q -> Y, R -> X
- (d) P -> Z, Q -> X, R -> Y

Question 4. Which of the following is considered as '*body building foods*'?

- (a) Proteins
- (b) Vitamins

- (c) Fats
- (d) Carbohydrates

Question 5 Our body prepares which type of Vitamin in the presence of sunlight?

- (a) Vitamin D
- (b) Vitamin A
- (c) Vitamin B
- (d) Vitamin K

Question 6. State True or False

- (a) Deficiency of Iron causes Anaemia
- (b) Vitamin D helps in clotting of blood
- (c) Deficiency of Vitamin C Causes Scurvy

Question 7. A solution of _____ and Caustic Soda is used to detect the presence of proteins.

Question 8. _____ for the body should contain a variety of food items.

Question 9. Rickets is caused by the deficiency of

- (A) Vitamin A
- (B) Vitamin D
- (C) Vitamin C
- (D) Vitamin B

Question 10. Which is these being not true of Fats

- (a) Fats produce more energy than carbohydrates
- (b) They are also known as roughage
- (c) Common food rich in fats include milk, cheese, butter, cream, ghee,
- (d) None of these

Question 11. Where we found carbohydrates in our food?

Question 12. Which colour indicates the presence of the starch?

Question 13. What do you mean by dietary fibre?

Question 14. Why we need fibre and water in our body?

Question 15. Name two main types of carbohydrates found in our food.

Question 16. Write short note on fats?

Question 17. What is obesity?

Question 18. What are deficiency diseases?

Question 19. How can we get to know the presence of the proteins?

Question 20. What is a balanced diet? Write the components of balanced diet.