

## Components of Food

Question 1.

Diseases that occur due to lack of nutrients over a long period are called disease.

- (a) scurvy
- (b) deficiency
- (c) Beri-Beri
- (d) none of these

▼ [Answer](#)

(b) deficiency

Diseases that occur due to lack of nutrients over a long period are called deficiency diseases.

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Question 2.

Repeated washing of rice and pulses may remove some and present in them.

- (a) vitamins
- (b) minerals
- (c) both (a) and (b)
- (d) none of these

▼ [Answer](#)

(c) both (a) and (b)

Repeated washing of rice and pulses may remove vitamins and minerals present in them.

---

Question 3.

get lost in the process of cooking and preparations.

- (a) Nutrients
- (b) Oil
- (c) Taste
- (d) Spices

▼ [Answer](#)

(a) Nutrients

Nutrients get lost in the process of cooking and preparations.

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Question 4.

What happen if excess water is used during cooking and is then thrown away ?

- (a) tastes is lost
- (b) Oil is lost

- (c) Many useful proteins and considerable amount of minerals are lost
- (d) None of these

▼ [Answer](#)

(c) Many useful proteins and considerable amount of minerals are lost  
Many useful proteins and considerable amount of minerals are lost if excess water is used.

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Question 5.

How do we get most of the water that our body needs ?

- (a) The liquid we drink-such as water, milk, tea
- (b) We add water to most cooked food
- (c) Many food materials that we eat themselves contain water
- (d) All of these

▼ [Answer](#)

(d) All of these  
Through all of these given statements we get most of water, that our body needs.

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Question 6.

How many meals does a child take everyday ?

- (a) 7
- (b) 4
- (c) 3
- (d) none of these

▼ [Answer](#)

(c) 3  
A child takes 3 meals everyday.

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Question 7.

What food items we eat in our lunch ?

- (a) Curd, Roti, Dal
- (b) Biscuit, milk
- (c) Only fruit
- (d) All of these

▼ [Answer](#)

(a) Curd, Roti, Dal  
We eat curd, roti, dal in our breakfast.

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Question 8.

How many groups can be classified of nutrients required by our body ?

- (a) 7
- (b) 4

- (c) 3
- (d) 8

▼ [Answer](#)

- (a) 7

7 groups can be classified as nutrients required by our body.

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Question 9.

..... are made up of carbon, hydrogen and oxygen.

- (a) Vitamins
- (b) Calcium
- (c) Proteins
- (d) Carbohydrates

▼ [Answer](#)

- (d) Carbohydrates

Carbohydrates are made up of carbon, hydrogen and oxygen.

---

Question 10.

The excess carbohydrates are mainly stored in the body as:

- (a) calcium
- (b) proteins
- (c) fats
- (d) roughage

▼ [Answer](#)

- (c) fats

The excess carbohydrates are mainly stored in the body as fats.

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Question 11.

Carbohydrates are present in the form of:

- (a) sugar
- (b) starch
- (c) both (a) and (b)
- (d) none of these

▼ [Answer](#)

- (c) both (a) and (b)

Carbohydrates are present in the form of sugar and starch.

---

Question 12.

The human body is made up of amino acids and constitute all proteins of the body.

- (a) 10
- (b) 20

- (c) 30
- (d) 15

▼ [Answer](#)

(b) 20  
The human body is made up of 20 amino acids.

---

Question 13.  
..... are body building foods.

- (a) Fats
- (b) Calcium
- (c) Vitamins
- (d) Proteins

▼ [Answer](#)

(d) Proteins  
Proteins are body building foods.

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Question 14.  
What is the similarities of carbohydrates and fats ?

- (a) both have sugar
- (b) both have starch
- (c) both have oxygen, carbon and hydrogen
- (d) all of these

▼ [Answer](#)

(c) both have oxygen, carbon and hydrogen  
Both have oxygen, carbon and hydrogen.

---

Question 15.  
What is the main difference between carbohydrates and fats?

- (a) the amount of oxygen is less in fats as compared to carbohydrates
- (b) the amount of oxygen is more in fats as compared to carbohydrates
- (c) the amount of oxygen is same in fats as compared to carbohydrates
- (d) none of these

▼ [Answer](#)

(a) the amount of oxygen is less in fats as compared to carbohydrates  
The amount of oxygen is less in fats as compared to carbohydrates.

---

Question 16.  
Vitamins are required in ..... amounts, but are essential for the proper functioning of the body.  
(a) big

- (b) large
- (c) small
- (d) none of these

▼ [Answer](#)

- (c) small

Vitamins are required in small amounts, but are essential for the proper functioning of the body.

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Question 17.

About vitamins are needed by our body.

- (a) 45
- (b) 15
- (c) 35
- (d) 25

▼ [Answer](#)

- (b) 15

About 15 vitamins are needed by our body.

---

Question 18.

Each vitamins has a function.

- (a) normal
- (b) same
- (c) specific
- (d) all of these

▼ [Answer](#)

- (c) specific

Each vitamins has a specific functions.

---

Question 19.

How many major vitamins are needed by our body ?

- (a) 5
- (b) 4
- (c) 3
- (d) 7

▼ [Answer](#)

- (a) 5

5 major vitamins are needed by our body.

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Question 20.

..... are extracted from the earth by mining.

- (a) Vitamins
- (b) Fats
- (c) Calcium
- (d) Minerals

▼ [Answer](#)

(d) Minerals  
Minerals are extracted from the earth by mining.

---

Question 21.

How many minerals are needed for proper growth and functioning of the body ?

- (a) 10
- (b) 20
- (c) 21
- (d) 15

▼ [Answer](#)

(c) 21  
About 21 minerals are needed for proper growth and functioning of the body.

---

Question 22.

The plant products like ..... acts as roughage.

- (a) glucose
- (b) cellulose
- (c) both (a) and (b)
- (d) none of these

▼ [Answer](#)

(b) cellulose  
The plant products like cellulose acts as roughage.

---

Question 23.

..... is the most essential parts of our body,

- (a) Milk
- (b) Juice
- (c) Tea
- (d) Water

▼ [Answer](#)

(d) Water  
Water is most essential parts of our body.

---

Question 24.

About of the human body weight contains water.

- (a) 70%
- (b) 80%
- (c) 90%
- (d) 75%

▼ [Answer](#)

(a) 70%  
About 70% of human body weight contains water.

---

Question 25.

Write the full form of PCM.

- (a) Proteins Calcium Malnutrition
- (b) Proteins Calorie Malnutrition
- (c) Proteins Carbohydrates Mai\* nutrition
- (d) None of these

▼ [Answer](#)

(b) Proteins Calorie Malnutrition  
Proteins calorie malnutrition.

---

Question 26.

Over weight people are inactive and also .

- (a) handsome
- (b) smart
- (c) hard working
- (d) lethargic

▼ [Answer](#)

(d) lethargic  
Over weight people are inactive and also lethargic.

---

Question 27.

Deficiency of vitamins in the body is known as .

- (a) avitaminosis
- (b) goitre
- (c) blindness
- (d) dry skin

▼ [Answer](#)

(a) avitaminosis  
Deficiency of vitamins in the body is known as a vitamins.

---

Question 28.

Where is commonly goitre disease found ?

- (a) coastal areas
- (b) desert areas
- (c) hilly areas
- (d) none of these

▼ [Answer](#)

(c) hilly areas  
Goitre is common in hilly areas.

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Question 29.

An egg has a yellow (yolk) portion which is rich in:

- (a) proteins
- (b) vitamins
- (c) fats
- (d) calcium

▼ [Answer](#)

(c) fats  
Yellow portion of an egg is rich in fats.

---

Question 30.

Which portion of an egg is rich in proteins?

- (a) white
- (b) yellow
- (c) shell
- (d) none of these

▼ [Answer](#)

(a) white  
White portion of an egg is rich in proteins.

---

Question 31.

The egg is made of calcium carbonate, a mineral.

- (a) yolk portion
- (b) shell
- (c) albumini
- (d) none of these

▼ [Answer](#)

(b) shell  
The egg shell is made of calcium carbonate, a mineral.

---

Question 32.

deficiency in birds leads to soft egg shells.



- (a) Vitamins
- (b) Fats
- (c) Calcium
- (d) None of these

▼ [Answer](#)

(c) Calcium  
Calcium carbonate deficiency in birds leads to soft egg shells.

---

Question 33.

Goitre disease is common in hilly areas because of hills soil is poor in content.

- (a) mineral
- (b) vitamins
- (c) proteins
- (d) iodine

▼ [Answer](#)

(d) iodine  
Because of the soil of hills is poor in iodine content.

---

Question 34.

Meat provide us all essential nutrients.

- (a) possible
- (b) impossible

▼ [Answer](#)

(b) impossible  
No, meat does not provide us all essential nutrients.

---

Question 35.

Food basically contains three main substances (fats, proteins and carbohydrates) called.

- (a) Balanced diet
- (b) Nutrients
- (c) Roughage
- (d) None of these

▼ [Answer](#)

(b) Nutrients  
Food contains three main substances (fats, proteins and carbohydrates) called nutrients.

---

Question 36.

gives energy to our body to work and play.

- (a) Fats
- (b) Proteins

- (c) Carbohydrates
- (d) Vitamins

▼ [Answer](#)

(c) Carbohydrates  
Carbohydrates give energy to our body to work and play.

---

Question 37.  
are the quick source of energy.

- (a) Fat
- (b) Proteins
- (c) Carbohydrates
- (d) Vitamins

▼ [Answer](#)

(c) Carbohydrates  
Carbohydrates are the quick source of energy.

---

Question 38.  
are required for growth and repairs worn out cells in our body.

- (a) Fat
- (b) Proteins
- (c) carbohydrates
- (d) Vitamins

▼ [Answer](#)

(b) Proteins  
Proteins are required for growth and repairs worn out cells in our body.

---

Question 39.  
Fats act as in our body.

- (a) fuels
- (b) roughage
- (c) both (a) and (b)
- (d) none of these

▼ [Answer](#)

(a) fuels  
Fats act as fuel in our body.

---

Question 40.  
Proteins help in building new

- (a) bones
- (b) skin

- (c) tissue
- (d) all of these

▼ [Answer](#)

(c) tissue  
Proteins help in building new tissue.

---

Question 41.  
are essential components of our diet.

- (a) Fats
- (b) Proteins
- (c) Carbohydrates
- (d) Vitamins

▼ [Answer](#)

(d) Vitamins  
Vitamins are essential components of our diet.

---

Question 42.  
prevents constipation.

- (a) fats
- (b) roughage
- (c) carbohydrates
- (d) vitamins

▼ [Answer](#)

(b) roughage  
Roughage prevents constipation.

---

Question 43.  
A diet containing all the nutrients and other components in required quantity is called diet.

- (a) balanced not required
- (b) nutrients
- (c) vitamins
- (d) roughage

▼ [Answer](#)

(a) balanced not required  
A diet containing all nutrients and components in required quantity is called balanced diet.

---

Question 44.  
When the body does not get adequate nutrition, it is said to be suffering from.

- (a) nutrition
- (b) mal-nutrition

- (c) deficiency diseases
- (d) none of these

▼ [Answer](#)

(b) mal-nutrition  
Deficiency of nutrition in the causes malnutrition.

---

Question 45.

If we eat only rice or only roti in every meal we will:

- (a) feel comfortable
- (b) feel energetic
- (c) fall ill
- (d) none of these

▼ [Answer](#)

(c) fall ill  
If we eat only rice or only roti in every meal we will feel ill.

---

Question 46.

What other things are needed by our body except nutrients ?

- (a) dietary fibres
- (b) solids
- (c) water
- (d) both (a) and (c)

▼ [Answer](#)

(d) both (a) and (c)  
Our body needs dietary fibres and water except nutrients.

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Question 47.

solution is prepared by adding small amount of water to tincture iodine solution.

- (a) Iodine
- (b) Caustic soda
- (c) Copper sulphate
- (d) None of these

▼ [Answer](#)

(a) Iodine  
Iodine solution is prepared by adding small amount of water to tincture iodine solution.

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Question 48.

We need to drink litres of water everyday.

- (a) 5 – 6
- (b) 2 – 3

- (c) 10 – 11
- (d) no need

▼ [Answer](#)

- (b) 2 – 3
- We need to drink 2-3 litres of water everyday.
- 

Question 49.

A mineral that is required for keeping our bones healthy.

- (a) calcium
- (b) vitamins
- (c) proteins
- (d) fats

▼ [Answer](#)

- (a) calcium
- Calcium is a mineral that is required for keeping our bones healthy.
- 

Question 50.

Vitamin required for maintaining good eye sight.

- (a) B
- (b) A
- (c) D
- (d) E

▼ [Answer](#)

- (b) A
- Vitamin A is required for maintaining good eye sight.
- 

Question 51.

How many major nutrients are in our food ?

- (a) two
- (b) four
- (c) five
- (d) ten

▼ [Answer](#)

- (c) five
- Five major nutrients are in our food.
- 

Question 52.

A disease caused by deficiency of iron.

- (a) Beri-Beri
- (b) Anaemia

- (c) Goitre
- (d) Rickets

▼ [Answer](#)

(b) Anaemia  
Anaemia is caused by due to lack of iron.

---

Question 53.  
A disease caused by deficiency of iodine.

- (a) Beri-Beri
- (b) Anaemia
- (c) Goitre
- (d) Rickets

▼ [Answer](#)

(c) Goitre  
Goitre is caused due to lack of iodine.

---

Question 54.  
A disease caused by deficiency of Vitamin D.

- (a) Beri-Beri
- (b) Anaemia
- (c) Goitre
- (d) Rickets

▼ [Answer](#)

(d) Rickets  
Rickets is caused by the deficiency of vitamin D.

---

Question 55.  
All deficiency disease can be prevented by taking a ..... diet,

- (a) balanced
- (b) vitamins
- (c) fats
- (d) proteins

▼ [Answer](#)

(a) balanced  
All deficiency disease can be prevented by taking a balanced diet.

---

Question 56.  
If the diet is deficient in both carbohydrates and proteins for a long time, what may stop completely ?  
(a) bones

- (b) strength
- (c) growth
- (d) none of these

▼ [Answer](#)

- (c) growth

If the diet is deficient in both proteins and carbohydrates.

---

Question 57.

disease caused by vitamin C.

- (a) Loss of vision
- (b) Beri-Beri
- (c) Scurvy
- (d) Anaemia

▼ [Answer](#)

- (c) Scurvy

Scurvy is caused by vitamin C.

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Question 58.

disease caused by vitamin

- (a) Loss of vision
- (b) Beri-Beri
- (c) Scurvy
- (d) Anaemia

▼ [Answer](#)

- (b) Beri-Beri

Beri-Beri is caused by vitamin B<sub>1</sub>

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[Match the following:](#)

Question 1.

Column-A	Column-B
(a) Egg	(i) Earth
(b) Oil	(ii) Protein
(c) Spinach	(iii) Roughage
(d) Minerals	(iv) Fat
(e) Cellulose	(v) Iron

▼ [Answer](#)

Column-A	Column-B
(a) Egg	(ii) Protein

(b) Oil	(iv) Fat
(c) Spinach	(v) Iron
(d) Minerals	(i) Earth
(e) Cellulose	(iii) Roughage

Question 2.

Column-A	Column-B
(a) Vitamin A	(i) Beri-Beri
(b) Vitamin K	(ii) Anaemia
(c) Iodine	(iii) Loss of vision
(d) Iron	(iv) Clotting of blood
(e) Iron B <sub>1</sub>	(v) Goitre

▼ Answer

Column-A	Column-B
(a) Vitamin A	(iii) Loss of vision
(b) Vitamin K	(iv) Clotting of blood
(c) Iodine	(v) Goitre
(d) Iron	(ii) Anaemia
(e) Iron B <sub>1</sub>	(i) Beri-Beri

Tick the correct answers:

Question 1.

Chapaties of wheat flour give more nutrients.

▼ Answer

True

Question 2.

Vegetables and fruits without peels give more nutrients.

▼ Answer

False

Question 3.

Proteins are energy giving foods.

▼ Answer

False



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Question 4.

Roughage is a fibrous food.

▼ [Answer](#)

True

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Question 5.

A few minerals required by the body are iron, calcium and sodium.

▼ [Answer](#)

True

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Question 6.

Vitamins also help in blood clotting.

▼ [Answer](#)

False

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Question 7.

The chief sources of carbohydrates are potato, banana and sugar.

▼ [Answer](#)

True

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[Fill in the blanks:](#)

Question 1.

Fats are ..... sources of energy.

▼ [Answer](#)

richest

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Question 2.

Minerals are extracted from the .....

▼ [Answer](#)

earth

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Question 3.

Food which remains in ..... form is called roughage.

▼ [Answer](#)

undigested

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Question 4.

Balanced diet contains ..... proportions of all nutrients.

▼ [Answer](#)

right

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Question 5.

..... is caused by deficiency of vitamin D.

▼ [Answer](#)

Rickets

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Question 6.

Deficiency of vitamins C causes a disease known as .....

▼ [Answer](#)

scurvy

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Question 7.

Carbohydrates, ..... and ..... are the three main components of food.

▼ [Answer](#)

fat and proteins

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fat and proteins

Question 8.

Butter and ghee are .....

▼ [Answer](#)

fats

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Question 9.

Many processed foods are rich in .....

▼ [Answer](#)

carbohydrates

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Question 10.

Milk provide us proteins, fats and .....

▼ [Answer](#)

vitamin A

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Question 11.

We need to drink ..... litres of water everyday.

▼ [Answer](#)

2-3 litres

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