

Components of Food

Fill in the blanks

1. Excess _____ are stored in the body as fats.
2. _____ help us to keep our body warm.
3. An adult requires _____ grams of fat per day.
4. _____ contain more energy than carbohydrates.
5. _____ is required to make new cells and repair old and damaged cells.
6. Total amount of protein in an adult is _____ per day.
7. _____ helps in cooling the body.
8. _____ is caused due to deficiency of proteins.
9. _____ is found in red blood cells and carries oxygen to the cells.
10. Folds of loose skin is a symptom of _____.

Define the following

1. Nutrients-
2. Deficiency diseases
3. Balanced diet-
4. Scurvy-
5. Vitamin B-complex

Write true or false and correct the incorrect statement.

1. Cells are mainly made up of fats.
2. Carbohydrates are mainly used for energy.
3. Proteins are important for building and repairing tissues.
4. Vitamin D is important for the absorption of calcium.
5. Roughage helps in digestion and prevents constipation.
6. Roughage is a carbohydrate.
7. Most of the food material contains only one nutrient.
8. Thyroid gland is situated near the stomach.
9. Blood is mostly made of water.
10. Sailors going on long voyages should carry fresh fruits and vegetable.

Write short answers: -

1. Name sources of animal fat.
2. Name sources of carbohydrates.
3. Name sources of plant fat.
4. Fats are mainly stored under or around which body organs?
5. Name the sources of proteins.
6. Why is balanced diet important?
7. How is the presence of sugar tested in a food item?
8. Why is water essential part of our body? What are the functions of water?
9. During summer season a person is experiencing cramps and pain in muscles. What could be the reason behind this pain?
10. P is a disease caused by the deficiency of Q mineral. Deficiency of Q, reduces R in blood, which carries S to all the cells in the body.
 - a. Identify P, Q, R, S.
 - b. What are the other symptoms of the disease P.
 - c. Another form of disease P is caused which reduces the formation of _____ in blood. Name the deficient vitamin causing it.
 - d. Name 2 food items which are a good source of mineral Q.
11. Roughage cannot be digested by our body and has no food value. Why should we still eat it? What are the sources of roughage?
12. What is malnutrition?
13. Saatvik is a computer engineer. He feels weak while working for long hours in his office. Which food should he increase in his diet?
14. Name five food items which provide good roughage.
15. Why should butter and oil be included in our diet but in limited amounts?
16. Write the symptoms and cure of Kwashiorkor.
17. What is a balanced diet? What are the factors affecting balanced diet?
18. Name the three main types of carbohydrates and give one example of each.
19. What is obesity? What leads to obesity?
20. Identify disease from the following symptoms. Also mention the cause of these diseases.

A. Deficiency of red blood cells	C. Excessive bleeding from wounds
B. Bones become soft, pigeon chest	D. Swelling in the neck
21. Why a child needs more proteins than an adult?
22. Name some of the important minerals needed by our body.

23. A gland W, produces a chemical Y that controls the body growth. The deficiency of mineral X causes gland W to swell and results in disease Z.

- Identify W, X, Y, Z.
- People of which area are prone to disease Z.
- What is the biggest source of mineral X in our food?
- What are the other symptoms of disease Z.

24. Why people living in hilly areas are most likely to suffer from goitre?

Complete the table

Vitamin	Important for	Source	Deficiency Disease
Vitamin A			
	Teeth, gums and joints. Helps in fighting diseases.		
Vitamin B1		Potato, yeast, Milk, Meat, cereals	
		Fish liver oil, _____, _____, _____, _____	
Iodine			
	haemoglobin	Spinach, _____, _____, _____, _____	
			Beri-Beri
			Excessive bleeding from wounds

Answer in one word:

- Different chemical substances present in food. -
- Cells are mainly made up of this. -

3. An adult need this as 1 gram per kilogram of body weight-
4. It does not provide any energy but is important for our body.-
5. Also known as clarified butter. –
6. Source of vitamins, minerals and roughage-
7. Inability to see in dim light-
8. Bleeding of gums and teeth-
9. Richest source of energy-
10. A child is sick and loose folds of skin can be seen all over the body-

Multiple Choice Questions

1. This nutrient gives us quick energy.
a. Minerals b. Sunlight c. Proteins d. Sugar
2. One of these is not a plant fat.
a. Almonds b. Cashews c. Butter d. Sunflower oil
3. One of these is not a source of carbohydrates.
a. Bread b. Rice c. Pulses d. Potato
4. This nutrient provides energy slower than sugar.
a. Fats b. Roughage c. Starch d. Water
5. Fats are not stored around this organ.
a. Kidney b. Skin c. Stomach d. Heart
6. Excess of carbohydrates is stored in the body as
a. Calcium b. Fat c. Minerals d. Vitamins
7. Rickets is caused by the deficiency of
a. Vitamin B b. Vitamin D c. Vitamin K d. Vitamin A
8. Which mineral is important for strong teeth and bones
a. Potassium b. Magnesium c. Iron d. Calcium
9. The main carbohydrate in our food
a. Starch b. Sugar c. Water d. Roughage

10. This disease is caused by the deficiency of carbohydrates as well as proteins
a. Scurvy b. Kwashiorkor c. Beri Beri d. Marasmus
11. Which of the following is NOT a type of carbohydrate?
a. Sugar b. Starch c. Protein d. Fiber
12. Which vitamin is essential for maintaining healthy skin and vision?
a. Vitamin A b. Vitamin C c. Vitamin D d. Vitamin B12
13. Which mineral is important for maintaining healthy bones and teeth?
a. Iron b. Calcium c. Potassium d. Magnesium
14. Iodine is used to test this food component
a. Protein b. Sugar c. Fat d. Starch
15. Deficiency of vitamin A causes this disease.
a. Marasmus b. Pellagra c. Night Blindness d. Scurvy
16. Deficiency of iodine causes
a. Anaemia b. Rickets c. Beri beri d. Goitre
17. A balanced diet has-
a. Proteins, vitamins and minerals
b. lots of carbohydrates, fewer fats and limited amount of roughage along with water
c. All nutrients of food along with water and roughage
d. All nutrients of food along with water and roughage, taken as per the age, gender and occupation of the person
18. In this disease there is reduced formation of red blood cells in the body. Name the disease and the deficient vitamin.
a. Anaemia, B12 b. Scurvy, Vitamin C c. Anaemia, Iron d. Rickets, Vitamin C