

CONCEPT APPLICATION LEVEL - I [NCERT Questions]

Q.1 Name the major nutrients in our food.

Ans. Carbohydrates, fats, proteins, vitamins, minerals, roughage and water are essential nutrients in our food.

Q.2 Name the following:

(a) The nutrients which mainly give energy to our body.

(b) The nutrients that are needed for the growth and maintenance of our body.

(c) A vitamin required for maintaining good eyesight.

(d) A mineral that is required for keeping our bones healthy.

Ans. (a) Carbohydrates and fats

(b) Proteins

(c) Vitamin A

(d) Calcium

Q.3 Name two food each rich in:

(a) Fats

(b) Starch

(c) Dietary fibre

(d) Protein

Ans. (a) **Fats:** Butter, ghee, cheese, groundnut.

(b) **Starch:** Rice, wheat, bajara.

(c) **Dietary fibre:** Spinach, cabbage, ladyfinger, sprouted grains, papaya.

(d) **Protein:** Milk, meat, fish, egg.

Q.4 Write **true** and **false** for the following statements :

(a) By eating rice alone, we can fulfill nutritional requirement of our body.

(b) Deficiency diseases can be prevented by eating a balanced diet.

(c) Balanced diet for the body should contain a variety of food items.

(d) Meat alone is sufficient to provide all nutrients to the body.

Ans. (a) F (b) T (c) T (d) F

Q.5 Fill in the blanks:

(a) _____ is caused by deficiency of vitamin D.

(b) Deficiency of _____ causes a disease known as beri-beri.

(c) Deficiency of vitamin C causes a disease known as _____.

(d) Night blindness is caused due to deficiency of _____ in our food.

Ans. (a) Rickets (b) vitamin B₁ (c) scurvy (d) vitamin A

CONCEPT APPLICATION LEVEL - II

SECTION-A

- Q.1 The food components needed by our body are called
(A) ingredients (B) nutrients (C) fragments (D) ornaments
- Q.2 Carbohydrates can be tested by
(A) iodine solution (B) caustic soda (C) copper sulphate (D) fehling solution
- Q.3 Which one of the following is an energy giving component?
(A) Protein (B) Vitamins and minerals
(C) Roughage (D) Carbohydrates and fats
- Q.4 Vitamins and minerals are
(A) protective food (B) energy giving food (C) body building food (D) roughage
- Q.5 Roughage helps in
(A) protecting our body from diseases (B) movement of bowl
(C) providing energy (D) building and repair of various body parts
- Q.6 Scurvy is caused due to the deficiency of
(A) vitamin A (B) vitamin B (C) vitamin C (D) vitamin D
- Q.7 Diseases caused due to the deficiency of vitamins are known as
(A) dietary diseases (B) cronic diseases
(C) deficiency diseases (D) transmitted diseases
- Q.8 All the deficiency diseases can be prevented by
(A) cleanliness (B) taking medicine at proper time
(C) vaccination (D) taking balanced diet
- Q.9 Which of the following food items contains carbohydrates?
(A) Rice (B) Gram (C) Cabbage (D) Pulses
- Q.10 Night blindness is caused due to deficiency of
(A) vitamin A (B) vitamin B (C) vitamin C (d) vitamin D

SECTION-B

SOME IMPORTANT QUESTIONS

- Q.1 What are nutrients?
Ans. The components of food that are necessary for growth and development of our body are called nutrients.
- Q.2 Write the functions of food.
Ans. The functions of food are as follows:
(a) Food provides nutrients for proper growth and functioning of the body.
(b) Food gives protection against diseases.
(c) Food provides energy to carry out physical activities.
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Q.3 Why does our body need nutritious food?

Ans. We know that food is needed for the growth of our body. Food gives us energy to work and play. It gives us resistance against diseases. The components of food are carbohydrates, proteins, fats, vitamins, minerals, fibre and water. Nutrients are the components of food that the body needs in adequate amounts for growth, to reproduce and to lead a normal healthy life. All types of nutrients have their own functions to perform, but the different nutrients must act together. So nutritious food provide energy for all the activities of body.

Q.4 Name the different food groups.

Ans. Food can be broadly sub-divided into the following three groups:

(i) Energy giving food. For example, carbohydrates and fats.

(ii) Body building food. For example, proteins.

(iii) Protective food. For example, vitamins and minerals.

Q.5 How will you test for starch in a food sample?

Ans. Take a small quantity of a food sample, put 2-3 drops of iodine solution on it. A blue black colour indicates that the food sample contains starch.

Q.6 How will you test for protein in a food sample?

Ans. Take a small quantity of food sample in a test tube, add 10 drops of water to it and shake the test tube, after that add two drops of solution of copper sulphate and ten drops of caustic soda. A violet colour indicates presence of protein in the food sample.

Q.7 How will you test for fat in a food sample?

Ans. Put the sample of food on a piece of paper and crush it. If the paper at that spot becomes translucent and greasy, the sample contains fat.

Q.8 What are the main carbohydrates found in our food?

Ans. The main carbohydrates found in our food are in the form of starch and sugars.

Q.9 Name two nutrients which protect the body from diseases.

Ans. The two nutrients which protect the body from diseases are: (i) Vitamins (ii) Minerals.

Q.10 What is malnutrition? What are its harmful effects?

Ans. Malnutrition is the physical state of a person resulting either from an imbalanced diet or from physical inability to absorb nutrients properly due to some diseases.

The harmful effects of malnutrition are:

(i) Deficiency of any of the nutrients in our diet causes diseases.

(ii) Deficiency of protein causes kwashiorkor disease.

(iii) Deficiency of carbohydrate and protein causes marasmus.

Q.11 What is the effect of protein deficiency on the health of children?

Ans. If a child does not get enough protein in his food for long time, he is likely to suffer from protein deficiency. Children suffering from protein deficiency have light brown hair, face like that of an old man, always hungry, they have distended stomach. They are under weight and skinny with very little flesh on bones. This disease is called **Kwashiorkor**.

Q.12 What is marasmus? What are its symptoms?

Ans. Marasmus is caused by the deficiency of proteins and carbohydrates in children. Symptom: The child becomes so thin that loose folds of skin can be seen all over the body.

CONCEPT APPLICATION LEVEL - III

SECTION-A

Q.1 Fill in the blanks with appropriate words:

- (i) For proper _____ and _____ our body needs adequate food.
- (ii) Proteins build _____ material.
- (iii) Non-living machines burn the fuel at _____ temperature while living machines burn their food at _____ temperature.
- (iv) Starch is a _____ of sugar.
- (v) _____ gives blue colour with iodine.
- (vi) Proteins are made up of _____ .
- (vii) Skin, hair and nails are _____ .
- (viii) Co-enzymes are nothing but _____ .
- (ix) Vitamin C causes _____ when found deficient.
- (x) Our body contains _____ of water.
- (xi) Most of the reactions in our body occur in _____ solutions.
- (xii) Balanced diet is one containing all _____ .
- (xiii) An average person should drink _____ glasses of water daily.
- (xiv) Deficiency of _____ causes rough skin, weak eyesight and thinness of body.
- (xv) Excess intake of _____ over a large period may damage kidneys.
- (xvi) Lack of _____ leads to lethargy, inactivity and feeling of tiredness.
- (xvii) Intake of inadequate quantities of proteins may _____ the growth and development of children.

SECTION - B

Q.1 Match the following items given in Column A with that in Column B:

Column A

- (a) Energy giving food
- (b) Body building food
- (c) Protective food
- (d) Test for fat
- (e) Test for starch
- (f) Test for protein

Column B

- (i) Vitamins and minerals
- (ii) Iodine
- (iii) Fats, carbohydrates
- (iv) Copper sulphate and caustic soda
- (v) Oily patch on paper sheet
- (vi) Proteins

SECTION - C

Q.1 State whether the statements given below are True or False:

- (i) Deficiency of vitamin A makes our bones weak.
 - (ii) Deficiency of iron causes paleness.
 - (iii) Calcium is necessary for strong bones and teeth.
 - (iv) Deficiency of vitamin B helps to increase our appetite.
 - (v) Deficiency of vitamin D causes swollen and bleeding gums.
 - (vi) Carbohydrates are the main source of energy in our diet.
 - (vii) Expensive food is not always the best food.
 - (viii) Protein is a staple food.
 - (ix) Haemoglobin is a carbohydrate.
 - (x) Cotton and paper are carbohydrates.
 - (xi) Tomatoes contain vitamin C.
 - (xii) Eating lady's finger makes you good in mathematics.
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ANSWER KEY

CONCEPT APPLICATION LEVEL - II

SECTION-A

Q.1	B	Q.2	A	Q.3	D	Q.4	A	Q.5	B	Q.6	C	Q.7	C
Q.8	D	Q.9	A	Q.10	A								

CONCEPT APPLICATION LEVEL - III

SECTION-A

Q.1	(i) growth, maintenance	(ii) body	(iii) high, low	(iv) polymer
	(v) Starch	(vi) amino acids	(vii) proteins	(viii) proteins
	(ix) scurvy	(x) 67%	(xi) water	(xii) nutrients
	(xiii) eight	(xiv) proteins	(xv) carbohydrates	(xvi) fats
	(xvii) slow down			

SECTION - B

Q.1	(a)-(iii), (b)-(vi), (c)-(i), (d)-(v), (e)-(ii), (f)-(iv)
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SECTION - C

Q.1	(i) False	(ii) True	(iii) True	(iv) False	(v) False	(vi) True
	(vii) True	(viii) False	(ix) False	(x) True	(xi) True	(xii) False
