

Test for Carbohydrate, Fats and Protein

1. Fill in the blanks

- A. The compounds of _____ , _____ and _____ are called carbohydrates.
- B. The energy rich source of food are called _____
- C. Vitamins and minerals protect our body from _____

2. True or false

- A. The food which contains protein is called body-building food.
- B. Oil and ghee provide fat to our body.
- C. Maize and sugar are providing carbohydrate to our body.
- D. Food + iodine → blue/black color → Starch present.

3. Match the following:-

Column A	Column B
I. Nuts, mineral seeds	A. Body-building food
II. Protein	B. Carbohydrates
III. Energy-providing nutrients	C. Starch
IV. Blue + black + iodine	D. Fat

4. Answer the following questions

- A. How you can identify that fat is present in the food?

B. A meal should have different food items, Why?

C. If any food item gives blue/black color with iodine then which nutrient is present in the food?

D. Name a nutrient which helps in repairing the damaged body cells?

E. Name two plant food items which provide protein to our body.