



INDIAN SCHOOL DARSAIT

DEPARTMENT OF SCIENCE

Subject: Science **Topic:** Components of Food **Date of Worksheet:** 26.4.2017

Resource Person: Ms. Saritha Kishore **Date:** _____


Name of the student: _____ **Class & Division:** _____ **Roll Number:** _____

I	Choose the correct answer (1Mark each)	7
1.	Which of the following is a protective food? (a) Milk (b) Oils & fats (c) Fruits (d) Cereals	
2.	Sugar and starch are types of (a) Proteins (b) Vitamins(c) Fats (d) Carbohydrates	
3.	Our body prepares which type of Vitamin in the presence of sunlight? (a) Vitamin A(b) Vitamin B(c) Vitamin D(d) Vitamin K	
4.	Our hair and nails contain (a) Protein(b) Calcium(c) Iron(d) Phosphorus	
5.	Weak bones and tooth decay is caused by the deficiency of (a) Proteins(b) Vitamins(c) Fats(d) Minerals	
6.	Which vitamin helps in clotting of blood? (a)Vitamin A b)Vitamin K c)Vitamin C d)Vitamin B	
7.	Rahul has swelling and bleeding in his gums, he could be suffering from (a) Beri beri (b)Scurvy (c) Night blindness (d)Rickets	
II	Fill in the blanks.(1Mark each)	5
1.	Milk is a source of _____, _____, _____ and _____.	
2.	Soya beans, groundnuts and dry fruits are rich in _____.	
3.	Vitamin _____ gets easily destroyed by heat during cooking.	
4.	Over eating fat rich food leads to _____.	
5.	Calcium is an example for a _____.	
III	Select the odd one out. Give reason.(1Mark each)	4
1.	Butter,Oil,Dal,Ghee	
2.	Spinach,Rice,Carrot,Cucumber	
3.	Rice ,Wheat,Sugar,Milk	
4.	Beri-beri,Rickets,Anaemia,Scurvy	



IV	Match the columns. (1/2 Mark each)	2 M																								
	<table border="1"><thead><tr><th>Column A</th><th>Column B</th></tr></thead><tbody><tr><td>1. Iron</td><td>a. Stunted growth, rickets</td></tr><tr><td>2. Calcium</td><td>b. Goiter</td></tr><tr><td>3. Vitamin D</td><td>c. Weak bones, tooth decay</td></tr><tr><td>4. Iodine</td><td>d. Anaemia</td></tr></tbody></table>	Column A	Column B	1. Iron	a. Stunted growth, rickets	2. Calcium	b. Goiter	3. Vitamin D	c. Weak bones, tooth decay	4. Iodine	d. Anaemia															
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V	Choose the correct option(1Mark each)	2																								
1.	Oil is rich in _____.(fats/protein)																									
2.	Liver contains _____. (Vitamin B /Vitamin D)																									
VI	Complete the table (1Mark each)	10																								
	Give two food items each which are rich sources of the following vitamins or minerals.																									
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VII	State True or False	5																								
1.	Apple contains Iron																									
2.	It can be very harmful to eat a lot of protein-rich food as it results in Obesity.																									
3.	By eating chapattis alone we can fulfill the nutritional requirements of our body.																									
4.	Iodine turns blue black when it comes in contact with bread.																									
5.	Roughage is the fibrous part of the food we eat.																									
VIII	Give one word for the following(1Mark each)	5																								
1.	Class of food that provides quick energy.																									
2.	Foods that provide energy to store.																									
3.	This makes 70% of our body weight.																									
4.	The part of food that cannot be digested.																									
5.	Excessive increase in body weight																									



IX	Give reason for the following(1 mark each)	2
1. 2.	Undyed pure silk cloth, when subjected to protein test, will turn violet. Patch of blue black colour is formed if a drop of Iodine falls on your starched white shirt.	
X	Answer the following	
1.	Why is it important to include each of the following items in your diet? a) Pulses b) Green leafy vegetables c) Fresh citrus fruits d) Rice/Bread or Chapattis	2
2.	Which among these provide more nutrients? Why? a) Chapattis of wheat or Maida. b)Fruit juice or cold drink c)Vegetables and fruits with peels or without peels d)Moong Dhal or noodles	4
3.	Anugrah wanted to test for the presence of protein in different food items. He had four chemicals. Which of the following chemicals should he use for the test? a) Iodine b) Copper sulphate c) Caustic soda d) An acid	2
4.	Given below are pictures of people suffering from some diseases. Identify the diseases and write its name below the picture.  a) _____ b) _____ c) _____ d) _____	2
5.	Tasty food is not always nutritious and nutritious food may not necessarily be tasty. Think it over.	1



6.	What is the best reason for including fruits and vegetables in a healthy diet?	1
7.	Mention two components of food that do not provide nutrients.	1
8.	Why is it not good to heat food again and again?	1
9.	Why is it suggested not to wash the vegetables and fruits after cutting or peeling them?	1
10.	Name four minerals needed by our body.	2
11.	What are the two main sources of carbohydrates? Give two examples each.	2
12.	Why do we need proteins? Give two examples for protein rich food.	2
13.	Minerals and vitamins are required in very small quantities but important for good health. Why?	2
14.	Fat rich foods provide energy to the body. Then why is it advised not to eat too much of fried food?	2
15.	Why should you drink 6-8 glasses of water everyday even when water does not provide any energy?	2
16.	People prefer to eat chapattis made up of unsieved flour instead of chapattis made from maida. Why? Give reason.	2
17.	How can we overcome the deficiency of nutrients?	3