



**INDIAN SCHOOL DARSAIT
DEPARTMENT OF SCIENCE**

Subject: Science	Topic: Components of Food	Date of Worksheet: 26.4.2018
Resource Person: Ms. Saritha Kishore		Date: _____
Name : _____	Class & Div: _____	Roll No: _____

I	Choose the correct answer (1Mark each)	5
	<ol style="list-style-type: none"> 1. Rahul has swelling and bleeding in his gums, he could be suffering from (a) Beri beri (b)Scurvy (c) Night blindness (d)Rickets 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. Weak bones and tooth decay is caused by the deficiency of (a) Proteins(b) Vitamins(c) Fats(d) Minerals 5. Which vitamin helps in clotting of blood? (a)Vitamin A b)Vitamin K c)Vitamin C d)Vitamin B 	
II	Select the odd one out. Give reason.(1Mark each)	2
	<ol style="list-style-type: none"> 1. Butter,Oil,Dal,Ghee 2. Beri-beri,Rickets,Anaemia,Scurvy 	
III	State True or False(1 Mark each)	5
	<ol style="list-style-type: none"> 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. Vitamin C is easily destroyed by heat during the cooking of food. 	
IV	Give one word for the following(1Mark each)	
	<ol style="list-style-type: none"> 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. 	



V	Answer the following (1 Mark each)	
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	1
2	Given below are pictures of people suffering from some diseases. Identify it and write the name of the nutrient whose deficiency causes the disease.  a) _____ b) _____ c) _____	1
3	The balanced diet of a man doing hard physical work is different from another man doing normal work. Justify the statement.	1
4	Mention two components of food that do not provide nutrients.	1
5	Explain why, thick peels should not be removed from fruits and vegetables?	1
6	What happens when water in which a food material is boiled during cooking, is thrown away later on?	1
7	People prefer to eat chapattis made up of unsieved flour instead of chapattis made from maida. Why? Give reason.	1
8	Which vitamin is easily destroyed by heat during the cooking of food?	1
9	If a person looks pale, gets tired easily, loses weight, and his nails turn white, which deficiency disease is he suffering from?	1
10.	When the suspension of a food-stuff is made alkaline by adding a little of sodium hydroxide solution and then a few drops copper sulphate solution are added, a violet colour is produced. Name the constituent of food indicated by this test.	1
11.	A foodstuff gives a blue-black colour with dilute iodine solution. Name the constituent of food indicated by this test.	1
12.	When a little of food material is rubbed in the centre of a paper and then the paper is held towards light, a bright greasy patch (translucent patch) is observed. Name the component of food indicated by this test.	1
13.	Who needs more proteins in his daily diet in relation to body weight: a growing child or a grown up man? Why?	2
14.	How can we overcome the deficiency of nutrients?	3

