

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

Column A	Column B
(a) Energy giving food	(i) Vitamins and minerals
(b) Body building food	(ii) Iodine
(c) Protective food	(iii) Fats, carbohydrates
(d) Test for fats	(iv) Copper sulphate and caustic soda
(e) Test for starch	(v) Oily patch on paper sheet
(f) Test for protein	(vi) Proteins

2. Fill in the blanks with appropriate words:

- (i) For proper and our bodies need 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.

3. State whether the statement given below are True or False:

- (i) Deficiency of vitamin A makes our bones weak.
- (ii) Deficiency of iron 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 ladies finger makes you good in mathematics.

4. Choose the correct option in the following questions:

(i) The food components needed by our body are called
(a) Ingredients (b) Nutrients (c) Fragments (d) Ornaments

(ii) Carbohydrates can be tested by using
(a) Iodine (b) Caustic soda (c) Copper sulphate (d) Fehling solution

(iii) Which one of the following is an energy giving component?
(a) Protein (b) Vitamins and minerals
(c) Roughage (d) Carbohydrates and fats

(iv) Vitamins and minerals are
(a) Protective foods (b) Energy giving foods (c) Body building foods (d) Roughage

(v) Roughage helps in
(a) Protecting our body from diseases (b) Movement of bowel
(c) Providing energy (d) Building and repair of various body parts

(vi) Scurvy is caused due to the deficiency of
(a) Vitamin A (b) Vitamin B (c) Vitamin C (d) Vitamin D

(vii) Diseases caused due to the deficiency of vitamins are known as
(a) Dietary diseases (b) Chronic diseases (c) Deficiency diseases (d) Transmitted diseases

(viii) All the deficiency diseases can be prevented by
(a) Cleanliness (b) Taking medicine at proper time
(c) Vaccination (d) Taking balanced diet

(ix) Which of the following food items contains carbohydrates?
(a) Rice (b) Gram (c) Cabbage (d) Pulses

(x) Night blindness is caused due to deficiency of
(a) Vitamin A (b) Vitamin B (c) Vitamin C (d) Vitamin D