

1. (a) – (iii), (b) – (vi), (c) – (i), (d) – (v), (e) – (ii), (f) – (iv)
2. (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
3. (i) False (ii) True (iii) True (iv) False
(v) False (vi) True (vii) True (viii) False
(ix) False (x) True (xi) True (xii) False
4. (i) (b) The ingredients of food have some components which are needed by our body. Such components are called nutrients.
(ii) (a) Carbohydrates (starch) give violet on black colour with iodine solution.
(iii) (d) Carbohydrates and fats are main sources of energy.
(iv) (a) Vitamins and minerals protect our body from various diseases.
(v) (b) Roughage are rich in fibres. Fibres keep in bowl movement.
(vi) (c) Deficiency of Vitamin C causes scurvy.
(vii) (c) Since such diseases are caused by deficiency of food components.
(viii) (d) If we take balanced diet there will not be any kind of deficiency.
(ix) (a) Rice is a source of carbohydrates.
(x) (a) Night blindness, unable to see in dim light or at night, night blindness is caused due to deficiency of vitamin A.