

Marks : 25
Time: 30 min
Q1. Fill in the blanks

- i. Sea food is a rich source of _____
- ii. _____ and _____ help in protecting our body against diseases.
- iii. A solution of _____ and caustic soda is used to detect the presence of proteins.
- iv. Food containing _____ are often called the body building foods.
- v. Vitamin _____ keeps our skin healthy.
- vi. _____ is essential for forming hemoglobin in the blood.
- vii. Wounds take longer time to heal when we have deficiency of _____.
- viii. Water helps our body to absorb _____ from food.
- ix. Deficiency diseases can be prevented by taking a _____
- x. The vitamin that gets easily destroyed by heating during cooking is _____ 5

Q2. Choose the correct option:

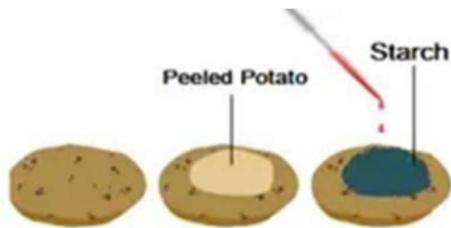
1. Which one of the following food item does not provide dietary fiber?
 (a) Whole grains (b) Whole pulses (c) Fruits and vegetables (d) Milk
2. Which of the following sources of protein is different from others?
 (a) Peas (b) Gram (c) Soyabean (d) Cottage cheese (paneer)
3. Guava, lemon, orange and tomato are rich in.
 (a) vitamin A (b) vitamin B (c) vitamin C (d) vitamin D
4. Which of the following mineral functions by building strong bones and teeth?
 (a) Iodine (b) Calcium (c) Iron (d) Sodium
5. Which of the following are the good sources of plant proteins?
 (a) Nuts (b) Fish (c) Milk (d) Eggs
6. Which of the following nutrients is not present in milk?
 (a) Protein (b) Vitamin C (c) Calcium (d) Vitamin D 6

Q3. Complete the following table:

| Nutrient | Symptom | Deficiency disease |
|-----------------|---------------------------|---------------------------|
| a | Bleeding gums | b |
| Vitamin D | Softening of bones | c |
| d | Poor vision in dim light | Night blindness |
| e | Swelling of thyroid gland | f |

Q4. Source based question:

Study the experiment given below & answer the question that follows.



- (i) Write the aim of the experiment?
- (ii) Name any other food which can be used in this experiment.
- (iii) What is the red colour reagent you can see in the dropper?
- (iv) What happens when the red colour reagent is added to the peeled potato?
- (v) Comment on the inference/conclusion that you can draw from this experiment.

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Q5. Case based question: Aarav was having difficulty in seeing things in dim light. The doctor tested his eyesight and prescribed a particular vitamin supplement. He also advised him to include a few food items in his diet.

- (a) Which deficiency disease is he suffering from?
- (b) Which food component may be lacking in his diet?
- (c) Suggest some food items that he should include in his diet, (any four)

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