

Components Of Food

FILL IN THE BLANKS

1. The main carbohydrates found in our food are in te form of _____ and _____.
2. Carbohydrates and fats provide _____ to our body .
3. Foods containing carbohydrates and fats are also called _____ giving foods.
4. Foods containing proteins are often called _____ foods.
5. Vitamin _____ gets easily destroyed by heat during cooking.
6. Over eating fat rich food leads to _____
7. Deficiency diseases can be prevented by taking a _____ diet.
8. _____ help in protecting our body against diseases.

NAME THE FOLLOWING

1. Two sources of carbohydrates . _____
2. Two sources of fats _____
3. Two sources of protein _____
4. Two sources of vitamin C _____
5. Disease caused due to deficiency of iron _____
6. Disease caused due to deficiency of vitamin A _____
7. Disease caused due to deficiency of iodine _____

TRUE OR FALSE

1. Dietary fibres are also known as roughage. _____
2. Minerals are needed by our body in large quantity. _____
3. Our body prepares vitamin D in presence of sunlight. _____

DEFINE THE FOLLOWING

1 Nutrients 2 Balanced diet 3 Deficiency diseases

DISTINGUISH BETWEEN

Proteins and Fats

EXTRA QUESTIONS

- 1 Write the three groups of food and give examples (2 m)
- 2 Write the test to show the presence of protein in any food item (5 m)
- 3 Write the test to show the presence of starch in any food item (2 m)

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1. The pigment which gives red colour to blood is _____
2. The _____ is also called school lunch or school meal programme
3. The diseases which occur due to imbalances in diet are called _____ diseases.
4. There are _____ essential nutrients in our food.
5. _____ is a term used to describe diets which lack proteins and carbohydrates.
6. The vitamin that gets easily destroyed by heat during cooking is _____
7. About 70% of our body weight is that of _____

II) Name the following :

1. Disease caused by deficiency of iron _____
2. Disease caused by deficiency of iodine _____
3. Disease caused by deficiency of vitamin D _____
4. Disease caused by deficiency of vitamin C _____
5. Disease caused by deficiency of vitamin B₁ _____
6. Disease caused by deficiency of vitamin A _____
7. Diseases caused by deficiency of protein _____ and _____
8. Disease caused by deficiency of Fluorine _____
9. Two sources of roughage _____,

III) True or False :

1. Fats provide more than double the energy provided by carbohydrates. _____
2. Calcium and phosphorous are required for making bones and teeth hard. _____
3. Vitamins and minerals are needed in large quantities. _____
4. The condition arising out of inadequate or unbalanced food is called malnutrition ,

5. Processing of rice, wheat etc removes many of vitamin B₁. _____

IV) Distinguish between

1. Carbohydrates and proteins
2. Body building foods and protective foods.