

## **6. COMPONENTS OF FOOD**

**1. The essential components of our food are called \_\_\_\_\_ .**

**(a) fats (b) nutrients (c) minerals (d) roughage**

**2. Which of the following is a protective food?**

**(a) milk (b) oils & fats (c) fruits (d) cereals**

**3. The food component present in sugar is**

**(a) fats (b) proteins (c) vitamins (d) carbohydrates**

**4. The percentage of water in the human body is**

**(a) 65 (b) 70 (c) 40 (d) 80**

**5. Foods like pizza, burger and noodles are rich in**

**(a) carbohydrates (b) proteins (c) vitamins (d) minerals**

6. \_\_\_\_\_ provide more than double the energy provided by carbohydrates or proteins in human body.

(a) vitamins (b) fats (c) minerals (d) starch

7. The component of food which help our body to fight against infections is

(a) proteins (b) fats (c) carbohydrates (d) starch

8. \_\_\_\_\_ is essential for forming haemoglobin in the blood.

(a) calcium (b) iron (c) phosphorous (d) magnesium

9. The disease caused by the deficiency of iron is

(a) anaemia (b) dysentery (c) chicken pox (d) malaria

10. The mineral which controls the functioning of thyroid is

(a) phosphorous (b) calcium (c) magnesium (d) iodine

11. The disease caused by the deficiency of iodine is

(a) anaemia (b) goitre (c) chicken pox (d) swine flu

**12. \_\_\_\_\_ helps to maintain a constant body temperature in our body.**

*(a) water (b) roughage (c) vitamins (d) energy giving food*

**13. Our body needs \_\_\_\_ litres of water every day.**

*(a) 1/2 (b) 2-3 (c) 7-8 (d) 10 -15*

**14. Deficiency of proteins and carbohydrates in infants leads to**

*(a) marasmus (b) goitre (c) obesity (d) typhoid*

**15. Rickets is caused by the deficiency of**

*(a) vitamin A (b) vitamin B1*

*(c) vitamin C (d) vitamin D*

**16. Excessive body weight due overnutrition leads to**

*(a) kwashiorkor (b) rickets (c) marasmus (d) obesity*

**17. Vitamins and minerals are**

*(a) protective food (b) body building food (c) energy giving food (d) none of these*

**18. Jaggery is a good source of**

- (a) fats (b) proteins
- (c) vitamins (d) carbohydrates

**19. The highest concentration of minerals are found in**

- (a) bones and teeth (b) skin
- (c) arms and legs (d) none of these

**20. Iodine is used to test the presence of \_\_\_\_\_ in the food.**

- (a) proteins (b) carbohydrates
- (c) starch (d) fats

**21. Which of the following is a protein source of plant origin?**

- (a) egg (b) soybean
- (c) cheese (d) milk

**22. The mineral we get from fish is**

- (a) iodine (b) magnesium
- (c) iron (d) none of these

**23. Which of the following does not contain sugar?**

- (a) glucose (b) apple
- (c) potato (d) grapes

**24. Night blindness is caused by the deficiency of**

- (a) vitamin A (b) vitamin C
- (c) vitamin D (d) vitamin B1

**25. Benedict's solution is used to test the presence of \_\_\_\_\_ in food.**

- (a) sugar (b) starch
- (c) fat (d) water