

Multiple choice questions.

- Which of the following food item is rich in carbohydrates?
(a) Broccoli (b) Cakes (c) Carrots (d) Almond
- Which of the following is the source of Vitamins?
(a) Rice (b) Wheat (c) Potato chips (d) Oranges
- Goiter is a deficiency disease of:
(a) Iron (b) Iodine (c) Vitamin C (d) Calcium
- Deficiency of Vitamin D causes
(a) Rickets (b) Scurvy (c) Marasmus (d) Night Blindness
- Lack of a particular nutrient in the body for long time can cause?
(a) Obesity (b) Balanced diet (c) Communicable disease (d) Deficiency disease

Fill in the blanks.

- Butter is rich in _____.
- The Vitamin that is called a Sunshine vitamin is _____.
- _____ is the other name for dietary fibre.
- Anaemia is caused by the lack of _____ in our body.
- Loss of water from our body is in form of _____ and _____.
- Two types of carbohydrates are _____ and _____.
- _____ solution is used to find starch in a food item.
- Lack of _____ in the diet caused Beriberi.
- Balanced diet is one containing all _____ in adequate amount.
- Proteins are called _____.

Answer the following questions

- Name the deficiency disease and symptoms caused due to lack of iodine in food.
- Mention three food items rich in the following nutrients.
1. Proteins 2. Fats 3. Iron 4. Calcium 5. Carbohydrates
- What are carbohydrates? Name two types of carbohydrates.
- What are the different nutrients required by our body for proper functioning.
- What are deficiency diseases? Give two examples.
- What is a balanced diet? What will happen if we do not eat a balanced diet?
- Write the functions of vitamins? Draw diagram of food item of different vitamins, one each.
- Write an activity to test the presence of starch in a food item.
- What are dietary fibres and why it is important to include fibres in our diet?
- What are proteins? Why they are needed by our body?
- Write an activity to test the presence of fats in a food item.
- Write an activity to test the presence of proteins in a food item.
- Draw diagram of two food each rich in Iodine, Protein, Calcium and Vitamin B.
- If we will not eat iron for long time, what will happen?
- Write the differences between miscible and immiscible liquids.
- Why sorting of material is important?
- Write the differences between lustrous and non-lustrous material.
- Explain the property of texture and give example of rough and soft material.
- Explain the property of solubility? Name the substances that are soluble and insoluble in water.
- What is flotation? Explain why few materials float on water and few sinks in water.
- Write the differences between magnetic and non-magnetic material.