

Lesson: 1 Components of Food

A. Fill in the Blanks

- a) _____ helps in protecting our body against diseases.
- b) A solution of _____ and Caustic Soda is used to detect the presence of proteins in food items.
- c) _____ keeps our eye healthy.
- d) _____ is caused by deficiency of iodine.
- e) Fats provide _____ energy compared to the same amount of carbohydrates.
- f) Oil is rich in _____ .
- g) Water helps our body to absorb _____ from food.
- h) Carbohydrates found in our food are in the form of _____ and _____

B. Multiple choice questions:

- 1. Goiter occurs due to the deficiency of :
(a) protein (b) calcium (c) iodine (d) iron
- 2. Which of the following is called body building food?
a) protein rich food b) vitamin rich food c) carbohydrates rich food d) fat rich food
- 3. A mineral required for keeping our bone healthy
(a) calcium (b) iodine (c) iron (d) fats
- 4. Which of the following food is called energy giving food?
a) vitamin rich food b) protein rich food c) carbohydrates and fat rich food d) none of these
- 5. A disease caused by deficiency of iron is
a) Rickets b) Anaemia c) Goiter d) scurvy

C. Name the following:

- 1. A disease caused by deficiency of vitamin B1 .
- 2. Dietary fibres are also known as .
- 3. A person eats too much of fat rich food and he may end up suffering from a condition called.

D. The question below consists of an Assertion and a Reason. Use the following key to choose the appropriate answer.

- (a) Both **A** and **R** are true and **R** is the correct explanation of **A**.
- (b) Both **A** and **R** are true but **R** is not the correct explanation of **A**.
- (c) **A** is true but **R** is false.
- (d) **A** is false but **R** is true.

1. **Assertion (A):** Foods containing proteins are called body building foods.

Reason (R): Paneer is a plant source of protein.

2. **Assertion (A):** Carbohydrates are not important component of our food.

Reason (R): Carbohydrates provide energy to the body.

3. **Assertion (A):** Deficiency of dietary fibre in our food lead to constipation.

Reason (R): Dietary fibre add bulk to the diet and help in the digestion process.

E. Answer the following questions:

- 1. Name the major nutrients in our food.
- 2. What are the main carbohydrates found in our food?
- 3. What is balanced diet?
- 4. What are the functions of proteins?
