

# Assignment for Components of Food

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## Question 1

### State True or False

- (a) Deficiency of Iron causes Anaemia
- (b) Vitamin D helps in clotting of blood
- (c) Deficiency of Vitamin C Causes Scurvy
- (d) Carbohydrates and fats mainly provide energy to our body.
  
- (e) Some nutrients get lost in the process of cooking
- (f) Dietary fibers are also known as roughage

### Answer

- a) True
- b) False
- c) True
- d) True
- e) True
- f) True

## Question 2

Fill in the Blank

1. Sea Food is a rich source of \_\_\_\_\_
2. \_\_\_\_\_ helps in protecting our body against diseases.
3. A solution of \_\_\_\_\_ and Caustic Soda is used to detect the presence of proteins.
  
4. Food containing \_\_\_\_\_ are often called the body building foods
5. vitamin .... keeps our skin healthy
6. \_\_\_\_\_ **is essential for forming hemoglobin in the blood.**
7. Wounds take longer time to heal when we have deficiency of .....
8. .... for the body should contain a variety of food items

**Answer:**

- 1) Iodine
- 2) Vitamins
- 3) Copper sulphate
- 4) Proteins
- 5) B
- 6) Iron
- 7) Vitamin C
- 8) Balanced Diet

**Question 3:**

Match the column

Column A	Column B
Carbohydrates and fats	Protective food
Proteins	Causes loss of Vision
Vitamins and Mineral	energy-giving food.
Dietary fibers	Causes the disease called goitre.
Iodine deficiency	They help us in easy digestion of food.
Lack of vitamin A	Body-building food

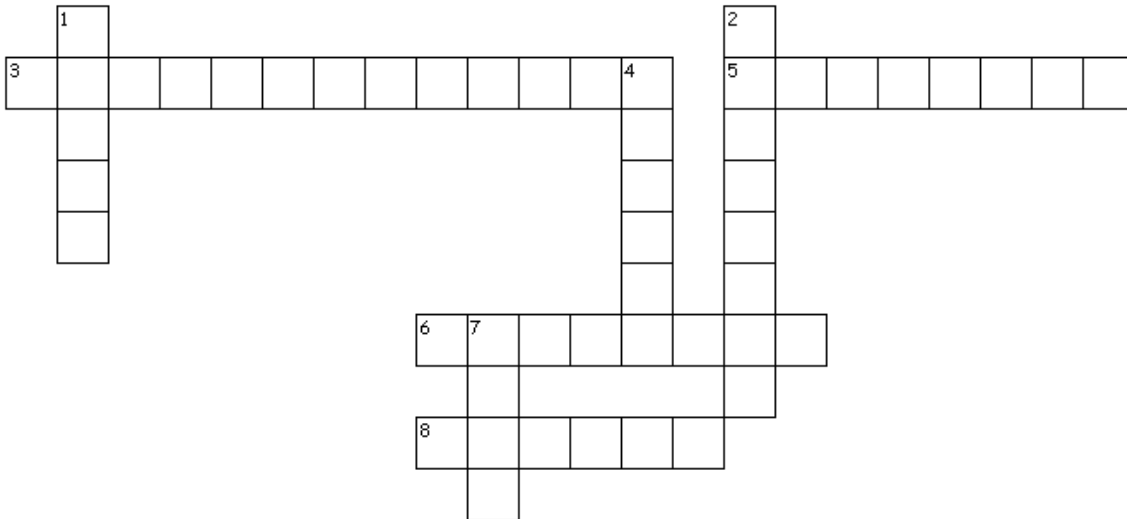
**Answer**

Column A	Column B
Carbohydrates and fats	energy-giving food.
Proteins	Body-building food
Vitamins and	Protective food

Mineral	
Dietary fibers	They help us in easy digestion of food.
Iodine deficiency	Causes the disease called goitre.
Lack of vitamin A	Causes loss of Vision



### Crossword



### Across

3. They are oxidized in the body into simple sugars like glucose.

5. They are also known as Dietary fibers
6. They are chemical substances that help in maintaining a healthy body
8. Proper functioning of thyroid gland.

**Down**

1. It protects us from dehydration.
2. They act as building blocks and serve as materials helping in growth and repair of the body cells and tissues.
4. It is required to carry nerve impulses in the body
7. it is required for Formation of hemoglobin in red blood cells.