

Assignment for Components of Food

Question 1

Which of the following is a protective food?

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

Question 2

Goitre: swelling of thyroid glands occurs due to the deficiency of

- (a) iron
- (b) potassium
- (c) phosphorus
- (d) iodine

Question 3

Calcium is not required for?

- (a) Strengthening of bones and teeth.
- (b) Blood clotting.
- (c) Muscle contraction.
- (d) Conduction of nerve impulses

Question 4

Which of the following is considered as '*body building foods*'?

- (a) Proteins
- (b) Vitamins
- (c) Fats
- (d) Carbohydrates

Question 5

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Our body prepares which type of Vitamin in the presence of sunlight?

- (a) Vitamin D
- (b) Vitamin A
- (c) Vitamin B
- (d) Vitamin K

Question 6

Which of these is not true of Vitamin C?

- (a) It helps in fighting against diseases like common cold, scurvy throat infections
- (b) It is present in oranges, tomatoes, lemon and guava.
- (c) Deficiency of it causes the wound to heal longer
- (d) It promotes growth, vision

Question 7

Our hair and nails contain

- (a) Protein
- (b) Calcium
- (c) Chlorine
- (d) Phosphorus

Question 8

Match the column

(P) Deficiency of Vitamin A	(X) Causes Beriberi
(Q) Deficiency of Vitamin B	(Y) Caused Loss of Vision
(R) Deficiency of Iron	(Z) causes Anaemia

Which of these are correct?

- (a) P \rightarrow X, Q \rightarrow Y, R \rightarrow Z
- (b) P \rightarrow Y, Q \rightarrow X, R \rightarrow Z
- (c) P \rightarrow Z, Q \rightarrow Y, R \rightarrow X
- (d) P \rightarrow Z, Q \rightarrow X, R \rightarrow Y

Question 9

Rickets is caused by the deficiency of

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

Question 10

Which of these is not true of Proteins

- (a) Protein helps in the formation of hair, nails
- (b) Food rich in proteins include lean meat, fish, eggs, milk, cheese, nuts, beans, peas
- (c) They are oxidized in the cells to release energy.
- (d) None of these

Question 11

Which of these is not true of Fats

- (a) Fats produce more energy than carbohydrates
- (b) They are also known as roughage
- (c) Common food rich in fats include milk, cheese, butter, cream, ghee,
- (d) None of these

Question 12

Which of these is not a true statement

- (a) Iodine Solution is required for testing the presence of Iodine
- (b) Copper sulphate and caustic soda is required to test the presence of Proteins
- (c) Sodium Solution is required for testing the presence of fats

(d) None of these

Question 13

Which vitamin keeps our skin healthy?

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

Question 14

Diseases caused due to lack of Proteins?

- a) **Kwashiorkor**
- b) Anaemia
- c) Beriberi
- d) **Marasmus**

Answers

- 1: (c) fruits
- 2: (d) iodine
- 3: (d)
- 4: (a) Proteins
- 5: (a)
- 6: (d)
- 7: (a)
- 8: (b)
- 9: (b)
- 10: (c)
- 11: (b)

12: ©

13: (a)

14: (a) and (d)

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