

Worksheet -1 Subject: Physical Education Class: - XII Teacher: - Mr. Iqbal Singh

Multiple Choice Questions

1. The energetic food consists of various types of essential chemicals for our body termed as
 - a) Diet
 - b) Nutrients
 - c) Energy
 - d) Carbs

2. Sugar, sweets, bread are rich sources of-
 - a) Carbohydrates
 - b) Fats
 - c) Proteins
 - d) Roughage

3. Sunlight is a source of-
 - a) Vitamin A
 - b) Vitamin B
 - c) Vitamin C
 - d) Vitamin D

4. "Vitamin K" is essential for-
 - a) Normal coagulation of blood
 - b) Providing nourishment to body
 - c) Prevention of disease
 - d) Metabolism of the body

5. Deficiency of Vitamin D causes-
 - a) Beri-Beri
 - b) Scurvy
 - c) Rickets
 - d) Night blindness

6. Too rapid a weight loss due to dieting, fasting or excessive exercise may varying your fat but it may also cause you to lose muscle
 - a) Strength
 - b) Potential
 - c) Elasticity
 - d) Mass

7. All over the world people engaging in hard physical work live mainly on
 - a) Carbohydrate-rich diet
 - b) Fat-packed diet
 - c) Protein diet
 - d) Fat-free diet

8. Balanced diet is important for:
 - a) Disease Prevention
 - b) Meeting Nutritional Needs
 - c) Immune System
 - d) All of the above

9. Which of the following is not a Macro nutrient?

- a) Fats
- b) Carbohydrates
- c) Proteins
- d) Minerals

10. Carbohydrates contain elements of:

- a) Hydrogen and Oxygen
- b) Carbon, hydrogen & Oxygen
- c) Carbon and oxygen
- d) Nitrogen, carbon & Oxygen

11. Glucose is a type of:

- a) Complex carbohydrates
- b) Simple carbohydrates
- c) Fats
- d) Proteins

12. Starch in Potatoes is an example of:

- a) Complex carbohydrates
- b) Simple carbohydrates
- c) Fats
- d) Proteins

13. Water is made up of hydrogen and oxygen elements in the ratio:

- a) 1:2
- b) 3:1
- c) 2:1
- d) 1:3

14. They are called as building block of body:

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

15. This vitamin is essential for health of bones and teeth:

- a) Vitamin A
- b) Vitamin D
- c) Vitamin K
- d) Vitamin E

16. Lack of this vitamin affects the gums, can cause scurvy and swelling in joints:

- a) Vitamin C
- b) Vitamin D
- c) Vitamin K
- d) Vitamin E

17. This mineral is essential for health of bones and teeth:

- a) Sodium
- b) Potassium
- c) Calcium
- d) Phosphorous

18. It is added to foods, to prevent any undesirable chemical changes and increase their shelf life

- a) Water
- b) Roughage
- c) Preservative
- d) Sweeteners

19. If BMI is less than 18.5, the person is in the:

- a) Underweight category
- b) Recommended weight category
- c) Overweight category
- d) Obese category

20. A balanced diet has proteins, fats and carbohydrates in a ratio of:

- a) 1:2:4
- b) 2:1:3
- c) 1:2:3
- d) 1:1:4

21. Which vitamins help to boost immune health?

- a) Vitamin A, E
- b) Vitamin B, C
- c) Vitamin C, D
- d) Vitamin D, E

22. Which of the following is not a rich source of carbohydrates?

- a) Potato
- b) Sugar
- c) Rice
- d) Milk

23. Which macronutrient aids in production of hormones?

- a) Proteins
- b) Carbohydrates
- c) Fats
- d) Carbohydrates and Proteins

24. What is the term used for inability of digestive system to digest and absorb individual elements of food?

- a) Food intolerance
- b) Food allergy
- c) Food poisoning
- d) None of the above

25. Which of the following is a macro mineral?

- a) Iodine
- b) Iron
- c) Copper
- d) Calcium

26. Which of the following is a Micro nutrient?

- a) Carbohydrates
- b) Fats
- c) Water
- d) Vitamins