

CHAPTER – COMPONENTS OF FOOD

Q1. Fill in the blanks:

1. Protective food includes _____ and _____.
2. Sea food is a rich source of _____.
3. Proper functioning of our digestive system is due to the presence of _____ in our diet.
4. _____ is caused due to the deficiency of Vit-D
5. Loss of vision or night blindness is caused due to the deficiency of _____ in our diet.
6. Over eating of fried and fatty food items causes _____.

Q2. Complete the following table:

DEFICIENCY DISEASE	NUTRIENT	2 SOURCES OF NUTRIENT
SCURVY		
ANAEMIA	IRON	
	CALCIUM	

Q3. Give one word for each of the following:

1. Deficiency of which mineral is responsible for causing goiter _____.
2. Jaggery is a good source of _____.
3. Deficiency of which mineral is responsible for causing Beriberi _____.
4. Deficiency of which nutrient makes a person have stunted growth & discoloration of hair _____.

Q4. Choose the correct answer:

1. The component of food that has no nutritive value is:
a) Vitamins
b) Carbohydrates
c) Proteins
d) Roughage
2. Butter & Ghee are the major sources of:
a) Fats
b) Minerals
c) Proteins
d) Roughage
3. Which mineral is required for the formation of haemoglobin:
a) Phosphorus
b) Iodine
c) Iron
d) Calcium

Q5. Karan had junk fried food at Mc Donald's. After sometime he developed stomachache and burning sensation in the chest. He took an antacid tablet which gave him relief soon after. What do you think was the cause of Karan's stomachache?