



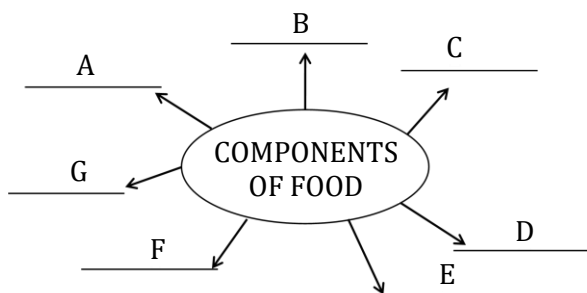
Components of Food DPP - 01

Q.1 to Q.5 are multiple choice questions. Each has four options (1), (2), (3) and (4) out of which only one option is correct.

- How many essential components or nutrients are found in food?
(1) 8 (2) 7 (3) 5 (4) 3
- Which one among the following cannot be considered as a macronutrient?
(1) Minerals (2) Proteins (3) Carbohydrates (4) Fat
- People living in South India prefer –
(1) noodle (2) chapati (3) rice (4) paratha
- Which one among the following is a micronutrient?
(1) Carbohydrates (2) Proteins (3) Vitamins (4) Fats
- What are the substances present in the food called?
(1) Waste materials (2) Nutrients
(3) Enzymes (4) Hormones
- Identify the components given below.



- Identify the components in the flow chart given below.



Read the following statements and give your answer as true or false.

- Micronutrient consists of carbohydrates, fats and proteins which are required in large amount in the diet.
- Macronutrient consists of vitamins and minerals which are required in small amount in the diet.

Subjective Question

- Name the macronutrients of our diet.

SOLUTIONS DPP – 01

1. Option (2)

7 essential components or nutrients are found in food.

2. Option (1)

Minerals cannot be considered as a macronutrient.

3 Option (3)

People living in South India prefer rice.

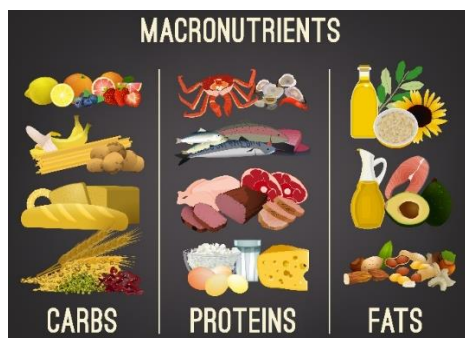
4. Option (3)

Vitamins are micronutrient.

5. Option (2)

Substances which are present in the food called nutrients.

6. The given picture shows essential nutrients present in the food.



7. A – Carbohydrates

B – Fats

C – Proteins

D – Vitamins

E – Minerals

F – Water

G – Fibre/Roughage

8. False

9. False

10. Macronutrient consists of carbohydrates, fats and proteins which are required in large amount in the diet.



Components of Food DPP - 02

Q.1 to Q. 5 are multiple choice questions. Each has four options (1), (2), (3) and (4) out of which only one option is correct.

1. The nutritional requirements of the body depend on –
 - (1) age
 - (2) sex
 - (3) kind of work a person does
 - (4) all of these
2. Ghee and butter are also called as –
 - (1) vegetable fats
 - (2) animal fats
 - (3) mixed fats
 - (4) natural fats
3. The excess carbohydrates are stored in the body as _____.
 - (1) vitamins
 - (2) fats
 - (3) water
 - (4) fibres
4. Iodine solution is used to test the presence of which component?
 - (1) Starch
 - (2) Sugar
 - (3) Water
 - (4) Iodine
5. A component which gives much more energy as compared to the same amount of carbohydrates –
 - (1) carbohydrate
 - (2) protein
 - (3) fats
 - (4) vitamin
6. Write the missing one.
 - (i) Example of body building food ____E____T.
 - (ii) Source of fat O ____ ____.
 - (iii) Insulating layer beneath the skin B ____ B ____.

7. Diagram is showing –



8. Identify the nutrient which is rich in below diagram.



9. Unscramble the following words.

- (i) TAF
(ii) OIDENI

Read the following statements and give your answer as true or false.

10. Carbohydrate forms an insulating layer beneath the skin to prevent excessive heat loss.
11. Fats provide more energy than carbohydrates.

Read the following statements and fill in the blanks.

12. Growing child needs more _____ and _____ than an ageing person.
13. A person who do physical labour needs more _____ food.

Subjective Questions

14. What are the functions of fats?
15. How is preparation of iodine solution done?

SOLUTIONS DPP – 02

1. **Option (4)**

The nutritional requirements of the body depend on age, sex and the kind of work a person does.

2. **Option (2)**

Ghee and butter are also called as animal fats.

3. **Option (2)**

The excess carbohydrates are stored in the body as fats.

4. **Option (1)**

Iodine solution is used to test the presence of starch.

5. **Option (3)**

A component which gives much more energy as compared to the same amount of carbohydrates is fat.

6. (i) MEAT

(ii) OIL

(iii) BLUBBER

7. The diagram shows presence of fats in the food which made paper translucent.

8. The given food items are rich in animal fats.

9. (i) FAT

(ii) IODINE

10. False

11. True

12. carbohydrates, proteins

13. energy giving

14. Functions of fats–

- Efficient source of energy.
- Forms an insulating layer beneath the skin to prevent excessive heat loss. e.g. Blubber in whale.
- Formation of fat-soluble vitamins and various hormones.

15. Take tincture iodine solution from first aid box in your school in a test tube and dilute by adding water. Iodine solution is ready to use.

**Components of Food DPP - 03**

Q.1 to Q.5 are multiple choice questions. Each has four options (1), (2), (3) and (4) out of which only one option is correct.

1. What is the other name of proteins?
(1) Body building foods
(2) Energy giving foods
(3) Disease fighting foods
(4) Nutrient rich foods
2. People interested in gyming take lots of proteins in order to –
(1) build a fat layer under the skin.
(2) build strong muscles.
(3) build strong brain.
(4) gain lots of energy.
3. Which of the following is/are function(s) of proteins?
(1) Growth of the body
(2) Repair body tissues
(3) Both (1) and (2)
(4) None of the above
4. Which among the following is not a good source of proteins?
(1) Sugars
(2) Pulses
(3) Eggs
(4) Milk
5. Which among the following is actually a plant source of proteins?
(1) Meat
(2) Paneer
(3) Eggs
(4) Soyabean
6. The picture is showing –



7. What does following picture depict?



8. Take test tube having nutrients label with 'X' and also add copper sulphate and caustic soda to it. Gently heat the mixture. If violet colour appears then X should be?
9. Match the Column-I with Column-II.

Column - I		Column - II	
(i)	Spinach	(a)	Iodine
(ii)	Beans	(b)	Animal source of protein
(iii)	Salt	(c)	Plant source of protein
(iv)	Paneer	(d)	Iron

Read the following statements and give your answer as true or false.

10. Meat, eggs, cheese and milk provide proteins of plant origin.
11. Green leafy vegetables like spinach and fruits like apple and pear are rich in iron.

Read the following statements and fill in the blanks.

12. Appearance of violet colour on addition of copper sulphate and caustic soda indicates presence of _____ in the food items.
13. Minerals have no _____ value.

Subjective Questions

14. Write the functions of proteins.
15. Write the name of foods which are rich in iodine, iron and calcium.

SOLUTIONS DPP – 03

1. **Option (1)**

Proteins are body building foods.

2. **Option (2)**

People interested in gyming take lots of proteins in order to build strong muscles.

3. **Option (3)**

Functions of proteins are growth of the body and repair body tissues.

4. **Option (1)**

Sugars are not the good source of proteins.

5. **Option (4)**

Soyabean is actually a plant source of proteins.

6. The picture shows various plant sources of proteins.

7. The picture depicts various animal sources of proteins like milk, cheese, eggs and meat.

8. 'X' is protein.

9. (i)–(d), (ii)–(c), (iii)–(a), (iv)–(b)

10. False

11. True

12. proteins

13. energy

14. Proteins are body-building foods. Proteins help the body in its growth, repair of body cells and tissues.

15. Food rich in iodine – green leafy vegetables, salt and fish.

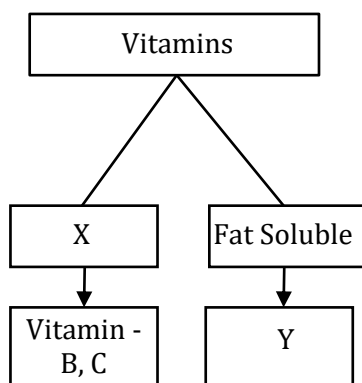
Food rich in iron – green leafy vegetables like spinach and fruits like apple and pear.

Food rich in calcium – dairy products and eggs.

**Components of Food DPP - 04**

Q.1 to Q.5 are multiple choice questions. Each has four options (1), (2), (3) and (4) out of which only one option is correct.

1. Select a fat-soluble vitamin.
(1) A (2) B (3) C (4) Both (2) and (3)
2. Which of the following is a function of vitamins?
(1) Body Building (2) Energy giving
(3) Growth (4) Proper functioning of the body
3. Which one among the following vitamin prepare from sunlight?
(1) C (2) D (3) A (4) B
4. How much water is needed by our body daily?
(1) 9 to 10 litres (2) 2 to 3 litres
(3) 5 to 6 litres (4) 1 litres
5. Where does dietary fibre come from?
(1) Plant source (2) Animal source
(3) Milk (4) Soil
6. Identify X and Y in the following flow chart.



7. There is a diagram given below. Some oranges, carrots and spinach are given in it. They are rich in vitamin –



8. Fill the missing letters.

(i) ____ A ____ R maintains a constant body temperature.

(ii) R ____ U ____ A ____ promotes the elimination of waste from large intestine.

9. Match the Column – I with Column – II.

Column – I		Column – II	
A	Orange	(p)	vitamin D
B	Carrot	(q)	vitamin B
C	Cereals	(r)	vitamin C
D	Sunlight	(s)	vitamin A

Read the following statements and give your answer as true or false.

10. Vitamin A and K are fat soluble vitamins.

11. Vitamins help in protecting our body against diseases.

Read the following statements and fill in the blanks.

12. _____ helps in the excretion of waste products from the body in form of urine and sweat.

13. _____ help in keeping our eyes, bones, gums, skin and teeth healthy.

Subjective Questions

14. What are the different activities in which water helps our body in proper functioning?

15. What do you understand by dietary fibres?

SOLUTIONS DPP – 04

1. **Option (1)**

Vitamin-A is fat soluble.

2. **Option (4)**

Vitamins are essential for proper functioning of the body.

3. **Option (2)**

Our body prepare Vitamin-D in the presence of sunlight.

4. **Option (2)**

2 to 3 litres water is needed by our body daily.

5. **Option (1)**

Dietary fibres come from plant source.

6. X – Water Soluble, Y – Vitamin A, D, E, K

7. Oranges are rich in vitamin C. Spinach and carrot are rich in vitamin A.

8. (i) WATER

(ii) ROUGHAGE

9. A – (r), B – (s), C – (q), D – (p)

10. True

11. True

12. Water

13. Vitamins

14. Water helps the body in various functions. It is a means of transporting substances in the organism. It helps to maintain a constant body temperature. It also helps in the absorption of food and excretion of waste products from the body in form of urine and sweat.





15. Roughage is the fibrous indigestible material in food that promotes the elimination of wastes from large intestine. Fibres come from plants. Fibre is the substance that gives plants their form. The fibres that we eat are known as dietary fibres.



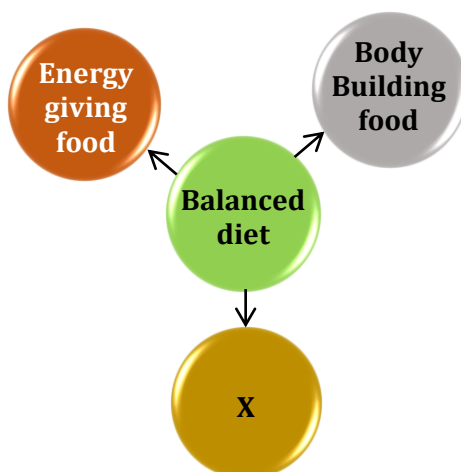
Components of Food DPP - 05

Q.1 to Q.5 are multiple choice questions. Each has four options (1), (2), (3) and (4) out of which only one option is correct.

- From which food in our balanced diet, we gain energy?
(1) Rice (2) Pasta (3) Chapati (4) All of these
- From which food in our balanced diet we build strong muscles?
(1) Spinach (2) Sprouts (3) Apple Juice (4) Water
- Which of the these can be a reason for imbalance in diet?
(1) Overnutrition (2) Under Nutrition
(3) Balanced diet (4) Both (1) and (2)
- The condition of nutrition in which the food is either in inadequate quantity or in excess or it lacks in some essential nutrient is called –
(1) over nourished (2) malnutrition
(3) obesity (4) balanced diet
- What problems can be faced by a person even if he/she is getting enough food?
(i) Food may be deficient in particular nutrient.
(ii) he/she might not be taking a balanced diet.
(iii) he/she might be overtaking few nutrients.
(1) (i), (ii) and (iii) (2) (i) only
(3) (ii) only (4) (i) and (ii)
- Match the Column-I with Column – II.

Column - I		Column - II	
(1)	Milk group	(A)	
(2)	Meat group	(B)	
(3)	Fruit and vegetables group	(C)	
(4)	Grain group	(D)	

7. Identify 'X'.



8. Fill the missing letters.

(i) B_lan_e_ Di_t

(ii) K_a_hio_k_r

9. Unscramble the following words.

(i) TRIINOTNULMA

(ii) RAMASUSM

Read the following statements and give your answer as true or false.

10. Vitamin C gets easily destroyed by heat during cooking.

11. Kwashiorkor is a deficiency disease.

Read the following statements and fill in the blanks.

12. Diseases that occur due to lack of nutrients over a long period are called _____.

13. The skin of many fruits and vegetables contains _____ and _____.

Subjective Questions

14. What are the three reasons due to which imbalances in the diet may occur?

15. According to scientists, a balanced diet must include foodstuffs from the four basic food groups. Explain these food groups.

SOLUTIONS DPP – 05

1. **Option (4)**

We gain energy from rice, pasta and chapati.

2. **Option (2)**

We build strong muscles by sprouts which are rich in proteins.

3. **Option (4)**

Overnutrition and under nutrition can be the reason for imbalance in diet.

4. **Option (2)**

The condition of nutrition in which the food is either in inadequate quantity or in excess or it lacks in some essential nutrient is called malnutrition.

5. **Option (1)**

Problems can be faced by a person even if he/she is getting enough food –

- (i) Food may be deficient in particular nutrient.
- (ii) He/she might not be taking a balanced diet
- (iii) He/she might be overeating few nutrients

6. (1) – (B), (2) – (D), (3) – (A), (4) – (C)

7. X should be protective foods.

8. (i) Balanced Diet

(ii) Kwashiorkor

9. (i) Malnutrition

(ii) Marasmus

10. True

11. True

12. Deficiency diseases

13. Vitamins, minerals

14. Imbalances in the diet may be due to following three reasons:

- Inadequate quantity of food (under-nourishment or undernutrition),
- Excess of food (overnutrition),
- The food lacks in some essential component, i.e., nutrient.

15. According to scientists, a balanced diet must include foodstuffs from the following four basic food groups:

(i) Milk group : Includes milk and milk products.

(ii) Meat group: Includes meat (chicken, fish, lamb, etc.) and meat substitutes (beans, peas, nuts, and seeds).

(iii) Fruit and vegetable group: Includes fruits and vegetables.

(iv) Grain group: Includes breads and cereals.



Components of Food DPP - 06

Q.1 to Q. 5 are multiple choice questions. Each has four options (1), (2), (3) and (4) out of which only one option is correct.

- Which of the following diseases is/are caused by protein deficiency?
 - Scurvy
 - Anaemia
 - Kwashiorkor
 - Both (1) and (3)
- If a person is feeling very weak and he is not energized for work. Which component of the food he must uptake in his diet?
 - Vitamins
 - Minerals
 - Carbohydrates
 - Proteins
- Which of the following vitamin deficiency causes dryness of eyes and improper vision?
 - Vitamin B
 - Vitamin C
 - Vitamin A
 - Vitamin D
- Which of the following vitamin deficiency causes weak bones?
 - Vitamin B
 - Vitamin A
 - Vitamin D
 - Vitamin C
- Deficiency of Vitamin C causes–
 - night blindness
 - scurvy
 - goitre
 - anaemia
- There is a picture given below. What does the following picture depict?



- Complete the given table by identifying the nutrients P, Q, R, S.

	Column - I	Column - II
(1)	Fish	P
(2)	Dairy products	Q
(3)	Apple	R
(4)	Whole grains	S

8. Fill in the blanks by identifying L to P.

	Vitamin/Minerals	Deficiency disease	Sources
(1)	_____L_____	_____M_____	Carrots
(2)	calcium	bone and tooth decay	_____N_____
(3)	Iron	_____O_____	_____P_____

9. There is a diagram of RBC given below. Haemoglobin is present in RBC. Which mineral present in haemoglobin?



Read the following statements and give your answer as true or false.

10. Vitamin C helps to resist infections and keeps teeth, gums and joints healthy.
 11. Deficiency of vitamin D causes scurvy disease.

Read the following statements and fill in the blanks.

12. Deficiency of iron causes _____.
 13. Calcium rich in _____ and _____.

Subjective Questions

14. Write the name of diseases/disorders caused by deficiency of vitamin D, Vitamin B₁, Calcium and Iodine respectively.
 15. What will be the symptoms if a person suffering from scurvy disease?

SOLUTIONS DPP – 06

1. **Option (3)**

Protein deficiency can cause kwashiorkor.

2. **Option (3)**

He must uptake carbohydrates in his diet.

3. **Option (3)**

Deficiency of vitamin A causes dryness of eyes and improper vision.

4. **Option (3)**

Weak bones are a symptom of deficiency of vitamin D.

5. **Option (2)**

Deficiency of Vitamin C causes is scurvy.

6. This picture depicts a person suffering from is goiter.

7. P – Iodine

Q – Calcium

R – Iron

S – Phosphorus

8.

	Vitamin/Minerals	Deficiency disease	Sources
(1)	Vitamin A (L)	Night blindness (M)	Carrots
(2)	Calcium	bone and tooth decay	Dairy products and eggs (N)
(3)	Iron	Anemia (O)	Green leafy vegetables like spinach and fruits like apple and pear (P)

9. Iron is present in haemoglobin.

10. True

11. False

12. Anemia

13. dairy products, eggs

14.

	Vitamin/Minerals	Deficiency disease
(1)	Vitamin D	Rickets
(2)	Vitamin B1	Beri-Beri
(3)	Calcium	Bone and tooth decay
(4)	Iodine	Goiter

15. The symptoms of scurvy are loosening of teeth, spongy and bleeding gums, slow healing of wounds.