

Components of Food

TEST

Time : 30 minutes

Maximum marks : 20

Instructions

- This test contains 20 questions.
- Each question has **FOUR** options (1), (2), (3) and (4). **ONLY ONE** of these four options is correct.
- For each question, marks will be awarded in one of the following categories:

Full Marks : +1 : If only correct answer is given.

Zero Marks : 0 : If no answer is given.

Negative Marks : : There is no negative marking.

1. Which one of the following food items is/are rich in iron?
(1) Spinach (2) Apple
(3) Pear (4) All of these
2. Which one among the following vitamins is very sensitive to heat and light?
(1) Vitamin C (2) Vitamin D
(3) Vitamin E (4) Vitamin K
3. Deficiency of which mineral causes goitre?
(1) Calcium (2) Iron
(3) Both (1) and (2) (4) Iodine
4. Which one of the following statement(s) is/are correct?
(1) Cooking improves the taste of food and makes it easily digestible.
(2) Pre-cooking practices also bring about a loss of nutrients.
(3) Repeated washing after cutting or peeling may result in the loss of useful vitamins.
(4) All of these.
5. Which one of the following components of food promotes the elimination of wastes from large intestine?
(1) Roughage (2) Carbohydrate
(3) Fats (4) Protein

6. Which one of the following vitamins keeps eyes, skin and hairs healthy?
(1) Vitamin B1 (2) Vitamin C
(3) Vitamin D (4) Vitamin A
7. Water helps to _____.
(1) maintain a constant body temperature.
(2) absorption of food.
(3) excretion of waste products.
(4) all of these.
8. Tomato is rich in _____.
(1) Vitamin A (2) Vitamin B (3) Vitamin C (4) Vitamin D
9. Which of the following is/are fat soluble vitamin(s)?
(1) Vitamin A (2) Vitamin D
(3) Vitamin C (4) Both (1) and (2)
10. Rich source of proteins is –
(1) pea (2) soyabean
(3) wheat (4) both (1) and (2)
11. Food provides us –
(1) minerals (2) carbohydrates
(3) proteins (4) all of the above
12. Which one of the following is not a rich source of vitamin C?
(1) Lemon (2) Orange
(3) Egg (4) Amla
13. Malnutrition is a condition caused by -
(1) intake of inadequate quantity of food.
(2) intake of excess of food.
(3) lack of some essential nutrient in diet.
(4) all of these
14. How much percentage of our body weight is that of water?
(1) 70% (2) 90% (3) 30% (4) 162%
15. Which of the following is/are the function(s) of fats in our body?
(1) It protects body organs from injury by working as a cushion.
(2) It prevents heat loss from body.
(3) It helps in transportation of substances.
(4) Both (1) and (2)

16. Mohan has a cup of rice, two chapatis, dal and ghee in his plate of meals. Food from which group is missing in his diet?
- (1) Milk group (2) Grain group
(3) Fruit and vegetable group (4) None of the above
17. Which of the following statement is correct regarding vitamins?
- (1) They help in protecting body against diseases.
(2) They help in keeping eyes healthy.
(3) They help in keeping skin and bones healthy.
(4) All of the above
18. A baby is exposed to sunlight in the morning. This is done to produce _____ in the body.
- (1) Vitamin A (2) Vitamin B
(3) Vitamin D (4) Vitamin K
19. ___(i)___ : Protein :: Butter : ___(ii)___
- (1) (i) Pulses, (ii) Carbohydrate
(2) (i) Pulses, (ii) Fats
(3) (i) Cereals, (ii) Fats
(4) (i) Pea, (ii) Mineral
20. Which of the following is correct statement for mineral salts?
- (1) Minerals are needed in larger quantity.
(2) Minerals are needed in smaller quantity.
(3) Minerals have no energy value.
(4) Both (2) and (3)

Answer Key

Question	1	2	3	4	5	6	7	8	9	10
Answer	4	1	4	4	1	4	4	3	4	4
Question	11	12	13	14	15	16	17	18	19	20
Answer	4	3	4	1	4	3	4	3	2	4

Test Solutions

1. Option (4)

Spinach, apple and pear are rich in iron.

2. Option (1)

Vitamins C is very sensitive to heat and light.

3. Option (4)

Deficiency of iodine causes goitre.

4. Option (4)

Cooking improves the taste of food and makes it easily digestible. Pre-cooking practices also bring about a loss of nutrients. Repeated washing after cutting or peeling may result in the loss of useful vitamins.

5. Option (1)

Roughage promotes the elimination of wastes from large intestine.

6. Option (4)

Vitamin A keeps eyes, skin and hairs healthy.

7. Option (4)

Water helps to maintain a constant body temperature. It also helps in absorption of food and excretion of waste products.

8. Option (3)

Tomato is rich in vitamin C.

9. Option (4)

Vitamin-A and D are fat soluble vitamins.

10. Option (4)

Pea and soyabean are rich in proteins.

11. Option (4)

Food provides us minerals, carbohydrates and proteins.

12. Option (3)

Egg is not a rich source of vitamin C.

13. Option (4)

Malnutrition is a condition caused by intake of inadequate quantity of food or excess food and lack of some essential nutrient in diet.

14. Option (1)

70 percentage of our body weight is that of water.

15. Option (4)

The functions of fats in our body –

It protects body organs from injury by working as a cushion and also prevents heat loss from body.

16. Option (3)

Fruit and vegetable group is missing in his diet.

17. Option (4)

Vitamins help in protecting body against diseases and keep our eyes healthy. It also helps us to keep our skin and bones healthy.

18. Option (3)

A baby is exposed to sunlight in the morning. This is done to produce vitamin D in the body.

19. Option (2)

Pulses are the rich in proteins however butter is rich in fats.

20. Option (4)

Minerals are needed in smaller quantity and have no energy value.