

# YOUR SCHOOL NAME

## CHAPTER TEST

**DO NOT OPEN THIS BOOKLET UNTIL ASK TO DO SO**

Total Questions: 50 | Time: 1 hr.

Name ..... Test Code .....

Roll No ..... Section ..... Contact Number .....

### **Guideline for the candidate**

1. You will get addition 5 minutes to fill up information about your self on the OMR sheet, before the Exam starts
2. Write your **Name**, **Class**, **Section**, and **Roll Number** and **Mobile Number** clearly on the **OMR sheet** and do not forget to sign it.
3. The Question Paper comprises TWO sections:

**Science Section** (45 Questions), and **Achiever section** (5 Questions)

Each Question in Achiever Section Carries 3 marks, Where as all other Question carry one mark each

4. All Questions are compulsory. There is no negative marking. Use of calculator is not permitted.
5. There is only one correct answer. Choose only ONE option for answer
6. To mark your choice of answer by darkening the circles on the OMR sheet, use **HB Pencil/ Black ball point pen** only.
7. Return the OMR sheet to the invigilator at the end of the exam.
8. Please fill in your personal details in the space provided on this page before attempting the paper.

Students signature..... Invigilator Signatures; .....

**CHAPTER TEST (FOUNDATION)****Topic: Components of Food****Subject: Science (BIOLOGY)****F-SC-06-CT-01****Science Section**

1. A food sample is taken in a test - tube and a few drops of iodine solution were added to it. It was observed that the solution turned blue black. It shows the presence of which one of the following component in the food sample?  
(1) Carbohydrate (2) Proteins  
(3) Fat (4) Vitamins
2. Which one is an example of junk food?  
(1) Fruit juice (2) Bread  
(3) Pizza (4) Glucose
3. If a person is not taking protein in food he may have  
(1) Oily skin (2) High growth  
(3) Black colour (4) Stunted growth
4. Beri - Beri is caused by deficiency of  
(1) Vitamin A (2) Vitamin C  
(3) Thiamin (4) Vitamin D
- 5 Which one of the following is a good source of Vitamin C?  
(1) Meat (2) Legumes  
(3) Cauliflower (4) Spinach
6. When two drops of iodine solution are put on a substance, we get blue - black colour. This indicates the presence of  
(1) Fats (2) Proteins  
(3) Starch (4) Vitamins
- 7 To get sufficient carbohydrates, one should take  
(1) Groundnut (2) Carrot  
(3) Meat (4) Rice
- 8 The disease that occurs due to the deficiency of iodine in human body -  
(1) Scurvy (2) Goitre  
(3) Polio (4) Rickets
9. Which one of the following vitamins is synthesized by the skin in the presence of sunlight?  
(1) Vitamin B (2) Vitamin D  
(3) Vitamin E (4) Vitamin C
10. Excess eating of fat in the food causes  
(1) Obesity (2) Deficiency disease  
(3) Goiter (4) Malnutrition
11. Meat, egg and fish are rich source of  
(1) Vitamins (2) Proteins  
(3) Lipids (4) Fats
12. Weak bones and tooth decay is caused by the deficiency of  
(1) Proteins (2) Carbohydrates  
(3) Vitamin A (4) Calcium
13. Diseases occurring due to the deficiency of one or other nutrients is called  
(1) chronic disease  
(2) dietary disease  
(3) transmitted disease  
(4) deficiency disease
14. Fats provide much more energy as the same amount of  
(1) Carbohydrates (2) Roughage  
(3) Protein (4) Vitamins
15. The most important source of calcium and phosphorus is  
(1) Egg (2) Meat  
(3) Milk (4) Cheese
16. Which of the following fruits contain maximum amount of water?  
(1) Water melon (2) Mango  
(3) Grapes (4) Cucurbits
17. Painful joints on wrist, elbow and knee are characteristics of  
(1) Pellagra (2) Kwashiorkor  
(3) Rickets. (4) Marasmus
18. Citrus fruits are source of which vitamin?  
(1) Vitamin B (2) Vitamin D  
(3) Vitamin C (4) Vitamin A
19. Vegetables are rich in vitamins and minerals as well as  
(1) Proteins and water  
(2) Water and roughage  
(3) Carbohydrates and fats

- (4) Flavour and taste
20. Junk foods are not good for health because they contain
- (1) High fat and sugar
  - (2) High fat and low sugar
  - (3) Harmful chemicals
  - (4) Low fat and more sugar
21. Deficiency of vitamin C cause
- (1) Rickets
  - (2) Night blindness
  - (3) Scurvy
  - (4) Marasmus
22. Washing of cut or peeled fruits and vegetables may lose some
- (1) Minerals
  - (2) Proteins
  - (3) Lipids
  - (4) Vitamins
23. Which one of the following vitamin is destroyed during heating?
- (1) Vitamin D
  - (2) Vitamin A
  - (3) Vitamin K
  - (4) Vitamin C
24. Deficiency of which mineral causes goitre?
- (1) Iodine
  - (2) Sodium
  - (3) Potassium
  - (4) Iron
25. Select the option which contains only animal products.
- (1) Butter, Soybean oil, Ghee
  - (2) Honey, Cheese, Sunflower oil
  - (3) Salt, Curd, Kidney beans
  - (4) Cod liver oil, Honey, Cheese
26. Food containing proteins are called
- (1) Body building food
  - (2) Brain developing food
  - (3) All of these
  - (4) Energy giving food
27. Cooking improves the taste and make it
- (1) More pretentious
  - (2) Easier to digest
  - (3) Difficult to eat
  - (4) More energetic
28. Carbohydrates can be tested by using which of the following?
- (1) Caustic soda
  - (2) Fehling's solution
  - (3) Copper sulphate
  - (4) Iodine
29. To test the presence of protein in food
- (1) Copper sulphate and caustic soda is used
  - (2) Iodine solution and caustic soda is used
  - (3) Washing soda and nitric acid is used
  - (4) Iron sulphate and iodine is used
30. Which one of the following food items does not provide dietary fiber?
- (1) Fruits and vegetables
  - (2) Milk
  - (3) Whole grains
  - (4) Whole pulses
31. Pulses and soyabean are rich source of
- (1) Vitamins
  - (2) Minerals
  - (3) Proteins
  - (4) Fats
32. Ascorbic acid is a
- (1) Enzyme
  - (2) Vitamin
  - (3) Hormone
  - (4) Amino acid
33. The chemical name of vitamin D is
- (1) Cyanocobalmin
  - (2) Tocopherol
  - (3) Calciferol
  - (4) Ascorbic acid
34. Which one is not a function of food?
- (1) Gives us energy
  - (2) Help in growth
  - (3) Prepare protein
  - (4) Repair body parts
35. The component of food that has no nutritive value is
- (1) Roughage
  - (2) Vitamins
  - (3) Proteins
  - (4) Carbohydrates
36. Fats are soluble -
- (1) In water
  - (2) In Kerosene
  - (3) In Ether
  - (4) In Nitric Acid
37. Blood cholesterol may rise due to deficiency of vitamin
- (1) Niacin
  - (2) Biotin
  - (3) Folic acid
  - (4) Vitamin D
38. Vitamins A keeps our
- (1) Eyes and bones healthy
  - (2) Eyes and skin healthy
  - (3) Lung and heart healthy
  - (4) Skin and heart healthy
39. The vitamin soluble in water is
- (1) only Vitamin - A

- (2) Vitamin - B, C  
(3) Vitamin - E, K  
(4) Vitamin - A, D
40. An oily translucent patch on the paper, shows that the food item contains  
(1) Minerals (2) Protein  
(3) Fat (4) Carbohydrates
41. Night blindness is caused by the deficiency of  
(1) Vitamin K (2) Vitamin C  
(3) Vitamin D (4) Vitamin A
42. The ingredients containing some components essential for body are called  
(1) Balanced diet (2) Malnutrition  
(3) Fats (4) Nutrients
43. Processed food like breads, burgers, pizza and jams are rich in  
(1) Fats (2) Proteins  
(3) Vitamins (4) Carbohydrates
44. Which type of climate is most likely to cause vitamin D deficiency in humans?  
(1) Cold and Cloudy  
(2) Cold and Sunny  
(3) Warm and Sunny  
(4) Warm and Cloudy
45. A hard working labourer, who does lot of physical work, needs more of  
(1) Carbohydrates and minerals  
(2) Protein and Vitamins  
(3) Materials and vitamins  
(4) Carbohydrates and fats
- Achiever Section**
46. Water forms about \_\_\_\_\_ % of our body. A person eats a lot of fat rich foods then he suffers from \_\_\_\_\_. Besides nutrients our body also needs \_\_\_\_\_ and water. \_\_\_\_\_ are used to build body.  
(1) 50, Rickets, Proteins, Fats  
(2) 80, Scurvy, Energy, Proteins  
(3) 60, Deficiency, Fats, Energy  
(4) 70, Obesity, Dietary fibres, Proteins
47. Iodine solution is used to test \_\_\_\_\_. \_\_\_\_\_ provide more energy than carbohydrates. \_\_\_\_\_ is a water-soluble vitamin. Milk is rich in \_\_\_\_\_.
- (1) Starch, Fats, Vitamin C, Calcium  
(2) Fats, Proteins, Vitamin C, Minerals  
(3) Vitamin C, Minerals, Vitamin B, Fats  
(4) Vitamin D, Fats, Vitamin D, Fats
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(2) Fats, Proteins, Vitamin C, Minerals  
(3) Vitamin C, Minerals, Vitamin B, Fats  
(4) Vitamin D, Fats, Vitamin D, Fats
48. Goitre is caused due to deficiency of \_\_\_\_\_ in our diet. Iron deficiency causes \_\_\_\_\_. In confirmatory test for protein the solution turns into \_\_\_\_\_ colour. Sunflower oil is a good source of \_\_\_\_\_.  
(1) Iron, Rickets, Black, Sugar  
(2) Iodine, Anaemia, Violet, Fats  
(3) Calcium, Scurvy, Blue, Fats  
(4) Chlorine, Anaemia, Violet, Proteins
49. Starch turns \_\_\_\_\_ in presence of iodine solution. \_\_\_\_\_ provides instant energy. \_\_\_\_\_ vitamin is derived from sunlight. \_\_\_\_\_ vitamin is fat soluble.  
(1) Pink, Fats, Vitamin C, Vitamin B  
(2) Red, Proteins, Vitamin B, Vitamin D  
(3) Violet, Carbohydrates Vitamin D, Vitamin A  
(4) Blue black carbohydrates, Vitamin D, Vitamin A
50. Lack of vitamins and minerals in our diet causes many \_\_\_\_\_ diseases Egg mainly contains \_\_\_\_\_ Banana contains \_\_\_\_\_. Ginger contains \_\_\_\_\_.  
(1) Heart, Minerals, Protein, Cobalt  
(2) Deficiency, Protein, Phosphorus, Iodine  
(3) Skin, Fat, Oil, Iron  
(4) Deficiency protein, Fat, Iron