



Greenwood International School and Kindergarten, Doha
Practice Worksheet
Chapter-2 and 3
Components of Food and Separation of Substances and Cleaning of Food

Wednesday: 22/05/2024

I. Fill in the blanks

1. Chaff separated from grains in winnowing can be used as _____ for animals.
2. _____ is also known as dietary fibre.
3. We cannot live without _____ even for a few days.
4. _____ is also called sunshine vitamin.
5. _____ is the separation of grains from stalks.

II. State true or false and correct the wrong statement.

1. We need to consume vitamins and minerals in very large quantities.
2. Proteins are made of simpler substances called amino acids.
3. Kwashiorkor is caused due to deficiency of fats.
4. Cleaning grain is important as it helps remove desirable substances.
5. The ability of a substance to dissolve in a specific liquid is called solubility.

III. Choose the correct answer:

1. 1kg of proteins give _____ energy.
a. 5 kcal b. 4kcal c. 6kcal d. 10kcal
2. Which of the following is not a nutrient?
a. carbohydrates b. fats c. proteins d. water
3. Which vitamin helps in clotting of blood?
a. vitamin A b. vitamin B c. vitamin D d. vitamin K
4. Salt is separated from sea water by the method of
a. evaporation b. filtration c. winnowing d. hand picking

5.The liquid that flows through the filter paper is called

a. residue b. filtrate c. supernatant d. none of these

V. Answer the following questions:

1. Mention the food constituents which may be lacking in one's diet, in case of the following.

a. A person suffering from anaemia-_____

b. A person suffering from poor eye sight-_____

c. A child suffering from marasmus-_____

d. A lady suffering from goitre-_____

2.How can you say roughage is an important part of our diet even though it does not provide any energy?

3.A child has a swollen stomach and skin is discoloured. What is the disease that affects the child? Explain the treatment methods.

4.Explain the process by which liquid changes into vapour form.

5.Can a mixture of sand and water be separated by sedimentation and decantation. Explain.