

## 6 Sc Components of food

6.0251

6.0251

6.0251. Which vitamin is destroyed during heating?

- a. Vitamin C
- b. Vitamin A
- c. Vitamin K
- d. Vitamin D

## **6 Sc Components of food**

*Answer*

6.0251

A

## 6 Sc Components of food

6.0252

6.0252

6.0252. Weak bones and tooth decay is caused by the deficiency of

- a. Carbohydrates
- b. Proteins
- c. Calcium
- d. Vitamin A

## **6 Sc Components of food**

*Answer*

6.0252

C

## 6 Sc Components of food

6.0253

6.0253

6.0253. Night blindness is caused by the deficiency of

- a. Vitamin C
- b. Vitamin K
- c. Vitamin D
- d. Vitamin A

## **6 Sc Components of food**

*Answer*

6.0253

D

## 6 Sc Components of food

6.0254

6.0254

6.0254. Iodine solution is used to test

- a. Protein
- b. Starch
- c. Fats
- d. Vitamin D

## **6 Sc Components of food**

*Answer*

6.0254

A



## 6 Sc Components of food

6.0255

6.0255

6.0255. Scurvy (Bleeding gums) is caused due to the deficiency of

- (a) vitamin A
- (b) vitamin B1
- (c) vitamin C
- (d) vitamin D

## **6 Sc Components of food**

*Answer*

6.0255

C

## 6 Sc Components of food

6.0256

6.0256

6.0256. Rickets is caused by the deficiency of

- (a) vitamin A
- (b) vitamin B1
- (c) vitamin C
- (d) vitamin D

## **6 Sc Components of food**

*Answer*

6.0256

D

## 6 Sc Components of food

6.0257

6.0257

6.0257. Our hair and nails contain

- (a) Protein
- (b) Calcium
- (c) Chlorine
- (d) Phosphorus

## **6 Sc Components of food**

*Answer*

6.0257

A

## 6 Sc Components of food

6.0258

6.0258

6.0258. \_\_\_\_\_ is essential for forming haemoglobin in the blood.

- (a) calcium
- (b) iron
- (c) phosphorous
- (d) magnesium

## **6 Sc Components of food**

*Answer*

6.0258

**B**



## 6 Sc Components of food

6.0259

6.0259

6.0259. Our body prepares which type of Vitamin in the presence of sunlight?

- (a) Vitamin A
- (b) Vitamin B
- (c) Vitamin D
- (d) Vitamin K

## **6 Sc Components of food**

*Answer*

6.0259

C

## 6 Sc Components of food

6.026

6.026

6.0260. Which of the following is considered as 'body building foods'?

- (a) Proteins
- (b) Vitamins
- (c) Fats
- (d) Carbohydrates

## **6 Sc Components of food**

*Answer*

6.026

A

## 6 Sc Components of food

6.0261

6.0261

6.0261. Goitre: swelling of thyroid glands occurs due to the deficiency of \_\_\_\_\_.

- a) iron
- (b) potassium
- (c) phosphorus
- (d) iodine

## **6 Sc Components of food**

*Answer*

6.0261

D

## 6 Sc Components of food

6.0262

6.0262

6.0262. Which of the following is a protective food?

- (a) milk
- (b) oils & fats
- (c) fruits
- (d) cereals

## **6 Sc Components of food**

*Answer*

6.0262

C



## 6 Sc Components of food

6.0263

6.0263

6.0263. Butter & Ghee are the major source of

- a. Fats
- b. Minerals
- c. Proteins
- d. Roughage

## **6 Sc Components of food**

*Answer*

6.0263

A

## 6 Sc Components of food

6.0264

6.0264

6.0264. The component of food that has no nutritive value is

- a. Vitamins
- b. Carbohydrates
- c. Proteins
- d. Roughage

## **6 Sc Components of food**

*Answer*

6.0264

D

## 6 Sc Components of food

6.0265

6.0265

6.0265. Water forms about ----- % of our body.

- a. 50
- b. 60
- c. 70
- d. 80

## **6 Sc Components of food**

*Answer*

6.0265

C

## 6 Sc Components of food

6.0266

6.0266

6.0266. Which mineral is required for the formation of haemoglobin?

- a. Calcium
- b. Iron
- c. Iodine
- d. Magnesium

## **6 Sc Components of food**

*Answer*

6.0266

**B**



## 6 Sc Components of food

6.0267

6.0267

6.0267. If a person is not getting sufficient amount of food as per his body needs, is suffering from

- a. Malnutrition
- b. Under-nutrition
- c. Anemia
- d. Osteomalacia

## **6 Sc Components of food**

*Answer*

6.0267

**B**

## 6 Sc Components of food

6.0268

6.0268

6.0268. Marasmus is common in infants below

- a. 10 years
- b. 5 years
- c. 3 years
- d. 1 years

## **6 Sc Components of food**

*Answer*

6.0268

C

## 6 Sc Components of food

6.0269

6.0269

6.0269. A hard working labourer, who does lot of physical work, needs more of

- a. Carbohydrates and fats
- b. Protein and vitamins
- c. Minerals and vitamins
- d. Carbohydrates and minerals

## **6 Sc Components of food**

*Answer*

6.0269

A

## 6 Sc Components of food

6.027

6.027

6.0270. Fats provide much more energy as the same amount of

- a. Protein
- b. Vitamins
- c. Carbohydrates
- d. Roughage

## **6 Sc Components of food**

*Answer*

6.027

C



## 6 Sc Components of food

6.0271

6.0271

6.0271. Infant need more of

- a. Vitamins and proteins
- b. Fat and carbohydrates
- c. Carbohydrates and minerals
- d. Carbohydrates and vitamins

## **6 Sc Components of food**

*Answer*

6.0271

A

## 6 Sc Components of food

6.0272

6.0272

6.0272. Beri-Beri is caused by deficiency of

- a. Vitamin D
- b. Thiamin
- c. Vitamin A
- d. Vitamin C

## **6 Sc Components of food**

*Answer*

6.0272

**B**

## 6 Sc Components of food

6.0273

6.0273

6.0273. Excess eating of fat in the food causes

- a. Malnutrition
- b. Obesity
- c. Deficiency disease
- d. Goiter

## **6 Sc Components of food**

*Answer*

6.0273

**B**

## 6 Sc Components of food

6.0274

6.0274

6.0274. To test the presence of protein in food

- a. Copper sulphate and caustic soda is used
- b. Iodine solution and caustic soda is used
- c. Iron sulphate and iodine is used
- d. Washing soda and nitric acid is used

## **6 Sc Components of food**

*Answer*

6.0274

A