

(Based on Chapter 1 — Food We Eat)

A. Tick (✓) the correct option.

1. The component in our food that gives us energy is
(a) carbohydrate (b) protein (c) roughage (d) vitamin
2. Which nutrient is required to repair damaged cells?
(a) Carbohydrate (b) Protein (c) Fat (d) Water
3. Which nutrient should be taken in less amount though it gives energy?
(a) Carbohydrate (b) Protein (c) Fat (d) Vitamin
4. The component in our food that protects us from diseases is
(a) carbohydrate (b) protein (c) fat (d) vitamin
5. Name the component of food that is required for stronger bones and teeth as well as sufficient blood formation.
(a) Carbohydrate (b) Protein (c) Fat (d) Minerals
6. Which nutrient may lead to obesity if consumed in too much amount?
(a) Fats (b) Minerals (c) Vitamins (d) Proteins
7. _____ helps to remove undigested food from our body.
(a) Carbohydrate (b) Proteins (c) Minerals (d) Roughage
8. Common salt and sea foods are rich in
(a) iron (b) calcium (c) sodium (d) iodine

B. Write 'T' for the true and 'F' for the false statements.

1. Vitamin rich food must form a larger portion of our diet. _____
2. Childrens should avoid junk and fat-rich food. _____
3. Children need sufficient protein-rich food. _____
4. Roughage in our diet leads to constipation. _____
5. Calcium is important for stronger bones and teeth. _____
6. Junk food must be consumed in larger amounts. _____
7. Dry food should be packed in air-tight containers. _____
8. Plants are producers of food. _____

C. Match the columns.

Column A

Column B



(a) Keeps our body warm.



(b) Protects us from diseases.



(c) Gives us energy.



(d) Repairs damaged cells.

D. Fill in the blanks with correct words from the box.

Milk vitamin A Pulses Iron Roughage iodine fibre energy

1. _____ are rich in proteins.

2. _____ is an important component of blood.

3. Carrots are rich in _____.

4. _____ is important for removal of undigested food.

5. _____ is a complete food.

6. Iodised salt is rich in _____.

7. Roughage are _____ rich food.

8. Carbohydrates give less _____ than fats.