

3. The sprouting of onion and potatoes can be delayed by the process of \_\_\_\_\_

- a) freezing
- b) irradiation
- c) salting
- d) canning

4. Food and Adulteration Act was enforced by Government of India in the year \_\_\_\_\_

- a) 1964
- b) 1954
- c) 1950
- d) 1963

5. An internal factor responsible for spoilage of food is \_\_\_\_\_

- a) wax coating
- b) contaminated utensils
- c) moisture content in food
- d) synthetic preservatives

## II. Fill in the blanks.

1. Deficiency diseases can be prevented by taking \_\_\_\_\_ diet.

The process of affecting the natural composition and the quality of food substance is known as \_\_\_\_\_

3. Vitamin D is called as \_\_\_\_\_ vitamin as it can be synthesised by the body from the rays of sunlight.

4. Dehydration is based on the principle of removal of \_\_\_\_\_.

5. Food should not be purchased beyond the date of \_\_\_\_\_.

6. AGMARK is used to certify \_\_\_\_\_ and \_\_\_\_\_ products in India.

## III. State whether true or false. If false, correct the statement.

1. Iron is required for the proper functioning of thyroid gland.

2. Vitamins are required in large quantities for normal functioning of the body.

- 3. Vitamin C is a water soluble vitamin
- 4. Lack of adequate fats in diet may result in low body weight
- 5. ISI mark is mandatory to certify agricultural products.

## IV. Match the following.

Column A	Column B
1. Calcium	a. Muscular fatigue
2. Sodium	b. Anaemia
3. Potassium	c. Osteoporosis
4. Iron	d. Goitre
5. Iodine	e. Muscular cramps

## V. Fill in the blanks with suitable answers.

Vitamins	Dietary Source	Deficiency Disease
Calciferol	Papaya	Rickets Night blindness
Ascorbic acid	Whole grains	Beriberi

## VI. Give abbreviations for the following.

- i. ISI \_\_\_\_\_
- ii. FPO \_\_\_\_\_
- iii. AGMARK \_\_\_\_\_
- iv. FCI \_\_\_\_\_
- v. FSSAI \_\_\_\_\_

1. The nutrients required in trace amounts to accomplish various body functions is -

- 1. carbohydrate
- 2. protein
- 3. vitamin
- 4. fat

2. The physician who discovered that scurvy can be cured by ingestion of citrus fruit -

- 1. James Lind
- 2. Louis Pasteur
- 3. Charles Darwin