

1.Food Components(7Th Class)

1. which of the following is a good food item?

- ☐ (A) Rice
- ☐ (B) Potato
- ☐ (C) Milk
- ☐ (D) Apple

2. Major Component in the food is.....

- ☐ (A) Carbohydrates
- ☐ (B) Proteins
- ☐ (C) Fats
- ☐ (D) Vitamins

3. This Prevents Constipation.....

- ☐ (A) Water
- ☐ (B) Dietary Fibres
- ☐ (C) Fats
- ☐ (D) Proteins

4. Food supplies the energy we need to do many tasks in our day to day activities.

- ☐ (T) True
- ☐ (F) False

5. Generally fruits peels contains.....

- ☐ (A) Carbohydrates
- ☐ (B) Proteins
- ☐ (C) Fibre
- ☐ (D) Minerals

6. Oils and Fats are give us?

7. The aim of the given experiment is.....

- ☐ (A) Need of water in the body.
- ☐ (B) How the cotton Moves.
- ☐ (C) How to close the glass pipe.
- ☐ (D) Filling the glass tube with cotton.



8. Presence of starch is tested by using?

- ☐ (A) Sodium
- ☐ (B) Calcium
- ☐ (C) Iodine
- ☐ (D) Iron

9. In the Proteins test we use.....

- ☐ (A) 2% Copper Sulphate
- ☐ (B) 10% Sodium Hydroxide
- ☐ (C) 2% Copper Oxide
- ☐ (D) Both A and B

10. Paper Translucent test is used for.....

- ☐ (A) Carbohydrates
- ☐ (B) Fats
- ☐ (C) Proteins
- ☐ (D) Minerals

11. The Founder of Modern Science of Nutrition was?

- ☐ (A) Franklin
- ☐ (B) James Lind
- ☐ (C) Lavoisier
- ☐ (D) Jenner

12. "Scurvy" was Discovered By?

- ☐ (A) James Lind
- ☐ (B) Lavoisier
- ☐ (C) J.C.Bose
- ☐ (D) Robert Hook

13. Proteins help in free bowel movement in the digestive tract.

- ☐ (T) True
- ☐ (F) False

14. The Iodine converts the colour of starch as.....

15. "Scurvy" is cured by eating.....

- ☐ (A) Meat
- ☐ (B) Egg
- ☐ (C) Rice
- ☐ (D) Fresh fruits