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.
2. 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		Rickets
	Papaya	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