

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

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

- 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 | | 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