

**RMS****- RADHA MATRICULATION SCHOOL**

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Date: **Online Test-1**Name: **SCIENCE**Class: **I. Choose the correct answers.**

1. Which of the following is a protective food?
a. milk b. oils and fats c. fruits d. cereals
2. Goitre : swelling of thyroid glands occurs due to the deficiency of _____.
a. iron b. potassium c. phosphorus d. iodine
3. Calcium is not required for?
a. Strengthening of bones and teeth b. Blood clotting
c. conduction of nerve impulses d. Muscle contraction
4. Which of the following is considered as 'body building foods'?
a. Proteins b. Vitamins c. Fats d. Carbohydrates
5. Our body prepares which type of Vitamin in the presence of sunlight?
a. Vitamin D b. Vitamin A c. Vitamin B d. Vitamin C

II. Fill in the blanks.**Vitamins Iodine Copper Sulphates B Proteins**

1. Sea food is a rich source of _____.
2. _____ helps in protecting our body against diseases.
3. A Solution of _____ and Caustic Soda is used to detect the presence of proteins.
4. Food containing _____ are often called the body building foods.
5. Vitamin _____ keeps our skin healthy.

III. True (or) False.

1. Deficiency of Iron causes Anaemia.
2. Vitamin D helps in clotting of blood.
3. Deficiency of Vitamin C causes Scurvy.
4. Carbohydrates and fats mainly provide energy to our body.
5. Some nutrients get lost in the process of cooking.

IV. Match the following.

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|---------------------------|---|--|
| 1. Carbohydrates and fats | - | Protective food |
| 2. Proteins | - | Energy giving food |
| 3. Vitamins and mineral | - | body building food |
| 4. Dietary fibres | - | Causes the disease called goiter |
| 5. Iodine deficiency | - | They help us in easy digestion of food |