

1. FOOD COMPONENTS

- 1). Presence of Starch is tested by using ()
 - 1) Iodine
 - 2) Calcium
 - 3) Iron
 - 4) Sodium
- 2). Dilute Iodine appears in..... Colour ()
 - 1) light yellow
 - 2) Blue
 - 3) Pink
 - 4) Green
- 3). in iodine test Starch converts into..... colour ()
 - 1) Light yellow
 - 2) Blue
 - 3) Pink
 - 4) Green
- 4). which of the following diseases is cured by food ()
 - 1) Scurvy
 - 2) Malaria
 - 3) Fever
 - 4) Heart enlarge
- 5). To avoid constipation, which type of food do you prefer ()
 - 1) Junk food
 - 2) Cakes
 - 3) Roughages
 - 4) Oil food
- 6). This contains more water. ()
 - 1) Brinjal
 - 2) Onion
 - 3) Melons
 - 4) Lady's finger
- 7). This help the food to move easily in the digestive tract ()
 - 1) Milk
 - 2) Curd
 - 3) Oils
 - 4) Water

- 8). Paper translucent test is used for ()
1) Carbohydrates 2) Fats
3) Proteins 4) Minerals.
- 9) in the Proteins test we use ()
1) 2% copper sulphate 2) 10% sodium hydroxide
3) 2% copper oxide. 4) Both 1 and 2.
- 10). Scurvy is cured by eating. ()
1) fresh fruits 2) meat
3) egg 4) rice
- 11). Fibers are the sources from ()
1) Rice 2) Pulses
3) Vegetables & fruits 4) Salts
- 12). one man suffering from constipation: which component is less in his food? ()
1) carbohydrates 2) proteins
3) fats 4) roughages
- 13). This food causes damages to our digestive system ()
1) junk food 2) staple food
3) Readymade food 4) salads
- 14). The founder of modern science of nutrition was ()
1) Franklin 2) Lind
3) Lavoisier 4) Jenner
- 15). "Scurvy" Was discovered by ()
1) Lind 2) Lavoisier
3) Jenner 4) J.C. Bose
- 16). if you want to keep good health, which type of food do you avoid eating ()
1. Dry fruits 2. Junk food

3. Roughages

4. Green salads

17). in 1752, James Linds found that..... disease can be cured by eating fresh fruits and Vegetables ()

1. Scurvy

2. Beri beri

3. Amoebiasis

4. Marasmus

18). identify the food component that should be consumed sparingly ()

1. Cereals

2. Pulses

3. Ghee

4. Oil

19). which of the following the richest source of roughages ()

1. Milk

2. Fish

3. Curd

4. Leafy vegetables

20). Which of the following avoids constipation ()

1. Proteins

2. Fibers

3. Carbohydrates

4. Salts