

7TH GRADE – SCIENCE

FOOD COMPONENTS

INTERACTIVE WORKSHEET 03

I. Choose the correct answers.

- Fats are present in**
(a) Oil (b) Ghee (c) Butter (d) All the above
- Fibres help in ____.**
(a) Cleaning food canal (b) Cleaning mouth (c) Indigestion of food (d) A and B
- It was known that the body obtains 3 substances namely proteins, fats and carbohydrates in ____.**
(a) 18th Century (b) 17th Century (c) 19th Century (d) 20th Century
- The founder of modern science of nutrition.**
(a) James Lind (b) Lavoisier (c) Funk (d) Jenner
- These are required in minute quantities.**
(a) Carbohydrates - Proteins (b) Minerals - Fats
(c) Fats - Carbohydrates (d) Vitamins - Minerals
- This food causes damage to our digestive system.**
(a) Junk food (b) Staple food (c) Readymade food (d) Salads
- What would be the consequences due to absence of protein in our diet?**
(a) Growth is fast (b) Growth slows down
(c) Energy increases in the body (d) Fats decreases in the body
- Carbohydrates : Energy : Proteins : ____.**
(a) Fats (b) Water (c) Body building (d) Diseases
- If you don't take balanced diet ____.**
(a) You will become strong (b) You will become intelligent
(c) You will become fast (d) You will become weak and feeble
- If we add iodine to food substance it changes to dark blue colour because of presence of ____**
(a) Proteins (b) Carbohydrates (c) Fats (d) Fibre



AIMS-INDIA



LIVEWORKSHEETS