

# 1.Food Components(7Th Class)

**1. which of the following is a good food item?**

- ☐ (A) Rice
- ☐ (B) Potato
- ☐ (C) Milk
- ☐ (D) Apple

**2. Major Component in the food is.....**

- ☐ (A) Carbohydrates
- ☐ (B) Proteins
- ☐ (C) Fats
- ☐ (D) Vitamins

**3. This Prevents Constipation.....**

- ☐ (A) Water
- ☐ (B) Dietary Fibres
- ☐ (C) Fats
- ☐ (D) Proteins

**4. Food supplies the energy we need to do many tasks in our day to day activities.**

- ☐ (T) True
- ☐ (F) False

**5. Generally fruits peels contains.....**

- ☐ (A) Carbohydrates
- ☐ (B) Proteins
- ☐ (C) Fibre
- ☐ (D) Minerals

**6. Oils and Fats are give us?**

**7. The aim of the given experiment is.....**

- ☐ (A) Need of water in the body.
- ☐ (B) How the cotton Moves.
- ☐ (C) How to close the glass pipe.
- ☐ (D) Filling the glass tube with cotton.



**8. Presence of starch is tested by using?**

- ☐ (A) Sodium
- ☐ (B) Calcium
- ☐ (C) Iodine
- ☐ (D) Iron

**9. In the Proteins test we use.....**

- ☐ (A) 2% Copper Sulphate
- ☐ (B) 10% Sodium Hydroxide
- ☐ (C) 2% Copper Oxide
- ☐ (D) Both A and B

**10. Paper Translucent test is used for.....**

- ☐ (A) Carbohydrates
- ☐ (B) Fats
- ☐ (C) Proteins
- ☐ (D) Minerals

**11. The Founder of Modern Science of Nutrition was?**

- ☐ (A) Franklin
- ☐ (B) James Lind
- ☐ (C) Lavoisier
- ☐ (D) Jenner

**12. "Scurvy" was Discovered By?**

- ☐ (A) James Lind
- ☐ (B) Lavoisier
- ☐ (C) J.C.Bose
- ☐ (D) Robert Hook

**13. Proteins help in free bowel movement in the digestive tract.**

- ☐ (T) True
- ☐ (F) False

**14. The Iodine converts the colour of starch as.....**

**15. "Scurvy" is cured by eating.....**

- ☐ (A) Meat
- ☐ (B) Egg
- ☐ (C) Rice
- ☐ (D) Fresh fruits