

1. Food Components(7Th Class)

Score _____

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