**Chapter 2**

**FOOD**

1. First thing in the morning Ravi has a glass of milk, banana and few almonds. State the various nutrients he is getting from these food items he has consumed.

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| S.N | Name of the food consumed | Nutrient present in the food |
| 1 | A glass of milk |  |
| 2 | Banana |  |
| 3 | Almonds |  |

1. A person has a food which is turning bluish black when iodine is added to it.
2. Name the nutrient which was present in the food item.
3. Name the food item.
4. Why do all living beings need food?
5. List down the food items consumed by you and state their source.
6. Make a chart showing different food we get from plants and the nutrients present in them.
7. Give 2 example each
8. milch animals
9. poultry birds
10. I have 2 containers, one container A having sugar solution and other container B having protein suspension. I want to confirm which container has what. Suggest a test that should be performed by me to confirm which container has sugar solution and which one has protein suspension .
11. Complete the given chart

Energy giving foods

Body building

Food

Vitamins & Minerals

1. Name the richest source of protein which has twice the amount of protein as meat.
2. Complete the given statements
3. Carbohydrates are made up of carbon, \_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_.
4. \_\_\_\_\_\_\_\_\_ and water are also important components of our \_\_\_\_\_\_\_.
5. Proteins are made up of carbon , hydrogen, oxygen, nitrogen and small quantity of both \_\_\_\_\_\_\_\_\_\_ and\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
6. Dry fruits and nuts are also\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
7. \_\_\_\_\_\_\_\_\_\_\_\_ are essential for maintaining good health and proper growth of body.
8. Vitamins do not provide energy, however play important changes in most of \_\_\_\_\_\_\_\_\_\_\_\_\_ within our body.
9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_is the richest source of Vitamin C.
10. \_\_\_\_\_\_\_\_\_\_ helps in the bowel movement and prevents constipation.
11. Eating fried items like samosas , bread pakoras may not provide you the
12. \_\_\_\_\_\_\_\_\_\_ is seen in infants , up to three years of age, when the diet does not contain enough milk.
13. Write full form of PEM.
14. Give reasons for the following
15. Vitamins do not give us any energy and is still an integral part of diet.
16. Pregnant and lactating mothers are advised to take food rich in Vitamin D.
17. Water is essential for all vial processes of the body.
18. Define the following terms
19. Nutrients
20. Balanced diet
21. Milch animals
22. Both carbohydrates and fats are made up of carbon , hydrogen and oxygen and are energy giving foods, Do both of them give same amount of energy?
23. Complete the given table

|  |  |  |  |
| --- | --- | --- | --- |
| S.N | Mineral | Sources | Functions |
| 1 | Calcium |  | To build healthy bones and teeth |
| 2 |  | Milk, cereals, pulses, fish and meat |  |
| 3 | Iron |  | Formation of haemoglobin in the blood. Its deficiency causes anaemia |
| 4 | Iodine | Fruit and vegetables, seafood, iodised salt |  |

1. What is malnutrition? What are two problems caused in children due to it?
2. Why is balanced diet needed by human beings?
3. What causes obesity?
4. Roughage does not give us energy but still should be present in our diet, justify.
5. A person doing lot of physical labour requires lot of carbohydrate in his diet.
6. Name 2 food items he should eat.
7. Why should he have carbohydrate rich diet?
8. Fill in the banks in the given table

|  |  |  |  |
| --- | --- | --- | --- |
| Vitamin | Sources | Functions | Deficiency disease and its symptoms |
|  |  | Needed for healthy eyes, skin and tissues | Night blindness and dryness of skin |
| Vitamin C |  |  | Scurvy, spongy and bleeding gums |
|  | Milk and its products, cod –liver oil and eggs |  | Rickets, curved and deformed bones, bow legs |
| Vitamin K | Green leafy vegetables |  |  |

1. Why are spices added to the food?
2. Name the vitamins are soluble in fats.
3. Which nutrients take care of wear and tear of the body tissues?
4. Which part of the balanced diet does not give us energy?
5. A student visited mountainous region, he found that some people had swelling in their neck region.
6. Name the disease people were suffering from.
7. What could be the cause of this problem?
8. What symptoms could be seen in children if the infant is suffering from the same cause?
9. Is balanced diet same for all human beings?
10. Why are growing children advised to have protein rich diet?
11. State the symptoms a person will show if his diet is deficient in Vitamin B.
12. If a person does not consume food which contain vitamins and minerals then what are the problems he could suffer from ?