

Chapter- 2

Worksheet- 2

Question 1. State True or False

- a. Some nutrients get lost in the process of cooking
- b. Dietary fibres are also known as roughage

Question 2. Sea Food is a rich source of _____.

Question 3. _____ helps in protecting our body against diseases.

Question 4. _____ is essential for forming haemoglobin in the blood.

Question 5. Match the column

Column A	Column B
Carbohydrates and fats	Protective food
Proteins	Causes loss of Vision
Vitamins and Mineral	Energy-giving food.
Dietary fibres	Causes the disease called goitre.
Iodine deficiency	They help us in easy digestion of food.
Lack of vitamin A	Body-building food

Question 6. Our hair and nails contain

- (a) Protein
- (b) Calcium
- (c) Chlorine
- (d) Phosphorus

Question 7. Name two foods each rich in Fats.

Question 8. Night blindness is caused due to deficiency of _____ in our food.

Question 9. Which vitamin keeps our skin healthy?

- (A) Vitamin A
- (B) Vitamin D
- (C) Vitamin C
- (D) Vitamin B

Question 10. Eating too much of fat rich foods may lead to a condition called _____.

Question 11. Name the food nutrient indicated by an oily patch on paper.

Question 12. Name two plant food items which provide proteins.

Question 13. Name some food items which provide roughage.

Question 14. What are vitamins? Write various kinds of vitamins.

Question 15. A patient had stunted growth, swelling on face, discolouration of hair and skin disease. Doctor advised him to eat a lot of pulses, grams, egg white, milk etc. What is wrong with the patient? Explain.

Question 16. What are the functions of minerals?

Question 17. Name two sources of proteins provided by animals.

Question 18. 'Water does not provide nutrients, yet it is an important component of food'. Explain.

Question 19. Write test for detecting the presence of starch.

Question 20. List various types of nutrients and write the functions of each.