



Purnata International School

Shree Swaminarayan Gurukul, Zundal

Worksheet of Ch .1 Food : Where does it come from

QUES 1. Multiple choice questions :

1) Material required to prepare a food item are called

- (a) Nutrients (b) Ingredients (c) Nourishments (d) Minerals

2) The animal which eat only plants are called

- (a) Herbivores (b) Carnivoures (c) Omnivores (d) Insetivores

(3) The part of banana plant not used as food is

- (a) flower (b) fruit (c) stem (d) root

4) Which of the following is a protective food ?

- (a) milk (b) oil & fats (c) fruits (d) cereals

5) Goitre : swelling of thyroid gland s occurs due to the deficiency of

- (a) iron (b) potassium (c) phosphorus (d) iodine

6) Which of the following is considered as body building foods ?

- (a) proteins (b) vitamins (c) fats (d) carbohydrates

Ques 2 : Fill in the blanks

1) Broccoli is the _____ of the plant , while potato is the _____.

2) Animals which depend only on plants for food are called _____.

3) Curd and butter are _____ products.

4) Man and bear are the example of _____ animals.

5) Cereals are edible _____.

Ques 3 State whether the following statements are true or false.

1) The main food of carnivorous plants are Insects.()

2) Carnivores are those that feed on both plant and animals.()

3) A house lizard eats small insects.()

4) Potato is stem not a root.()

5) Carnivores that exclusively eat fish are called Piscivores. ()

Ques 4 : Answer the following questions:

1) Name two herbivores animals.

2) Name the various sources of food.

3) Name the different parts of the plant used as food. Give two examples for each.

4) Define the following (i) Autotrophs (ii) Heterotrophs

Worksheet

Ch. 2 components of food

Ques 1 Name the following.

- 1) A mineral that is required for keeping our bones healthy_____.
- 2) A vitamin required for maintaining good eye sight _____.
- 3) A protein deficiency disease _____.
- 4) Vitamin lost by heating _____.
- 5) Nutrients that are needed for the growth and maintenance of our body_____.

Ques 2 Fill in the blanks with the right answers.

- 1) _____ is a combination of fructose and glucose.
- 2) The simple sugar contained in milk is called _____
- 3) _____ are also called roughage.
- 4) _____ helps in the elimination of waste materials from the body.
- 5) _____ is the largest school lunch programme in the world .

Ques 3 State whether the following statements are true or false.

- 1) The food that we eat is broken to simple sugar called Glucose.()
- 2) Fats are obtained from animals only.()
- 3) It is better to eliminate fibre from food as it cannot be digested.()
- 4) Vitamins are a direct source of energy.()
- 5) Deficiency of proteins cause 'marasmus' ()

Ques 4 Match the following

A

1. Kwashiorkor
2. Rickets
3. Scurvy
4. Beri-Beri
5. Night Blindness

B

- a) Vitamin A
- b) Vitamin B1
- c) Protein
- d) Vitamin C
- e) Vitamin D

Ques 5 Answer the following questions.

1) What are the main components of food ?

2) Define balanced diet ?

3) Name the food items which are rich source of proteins.

4) Name the food items which are rich source of fats.
