

Science Worksheet

Components of Food

Q1. Choose the correct alternative:

- i. Iodine solution is used to test which of the following component of food?
a. Protein b. starch c. Fats d. vitamin D
- ii. _____ is essential for forming haemoglobin in the blood.
a. Calcium b. Iron c. phosphorous d. Magnesium
- iii. The mineral which controls the functioning of thyroid gland is ____
a. Phosphorous b. calcium c. iodine d. manganese
- iv. The food component that can be obtained only from plant sources is _____
a. Vitamin b. carbohydrates c. protein d. roughage
- v. Vitamin _____ gets easily destroyed by heat during cooking
a. D b. C c. K d. E

Q2. Give two examples:

- a. Foods rich in iron
- b. Fruits rich in dietary fibre
- c. Plant sources of protein

Q3. Define;

- a. Haemoglobin b. Balanced Diet c. Malnutrition

Q4. Distinguish between:

- a. Vitamins and minerals b. Kwashiorkor and marasmus

Q5. Answer the following:

1. After working on a construction of a building, a mason feels very weak and tired. What nutrient is required by him to regain energy? Why?
2. Why is it important to include each of the following items in your diet? Dal, green leafy vegetables, fresh citrus fruit, rice or chapattis.
3. Carbohydrates like bread and cereal are placed at the base of the food pyramid and fats at the top. What does this signify?