

## Worksheet 2

1. Assertion (A) Food containing fats and carbohydrates are called protective food.

Reason (R) Fats provide twice as much energy provided by the same amount of carbohydrate.

2. Assertion (A) Roughage is necessary for our body.

Reason (R) Roughage does not provide any nutrition

3. Assertion (A) In anaemia, there is extreme fatigue and weakness.

Reason (R) Anaemia is due to the deficiency of iron.

4. Assertion (A) Millets are small grains which are also called nutri-cereals.

Reason (R) Millets are good sources of vitamins, minerals and dietary fibres.

### Fill in the Blanks

1. Both eggs and \_\_\_\_\_ are rich in \_\_\_\_\_.
2. \_\_\_\_\_ is a rich source of fat.
3. \_\_\_\_\_ (fruit) is a rich source of vitamin-A.
4. Milk provides ....., vitamin-D and ..... (mineral).
5. Spinach is a good source of the mineral \_\_\_\_\_.

### True/False

1. The components of food are called nutrients.
2. Carbohydrates are called body building food.
3. Proteins are called energy giving food.
4. The richest source of energy are fats.
5. Amla is the richest source of vitamin-C.

## Match the Columns

1. Match the Column I with Column II.

Column I	Column II
A. Energy giving food	1. Iodine
B. Body building food	2. Fats and carbohydrates
C. Protective food	3. Proteins
D. Test for fats	4. Vitamins and minerals
E. Test for the starch	5. Copper sulphate and caustic soda
F. Test for protein	6. Oily patch on paper sheet

## Case Based Questions

1. Mansi conducted an experiment on the powdered rice. She added few drops of iodine on it and observed that the colour of the solution changed.

(i) What was the change in colour observed after adding iodine to powdered rice?

(a) Blue-black      (b) Violet-blue      (c) Red-green      (d) Green-black

(ii) The appearance of the above mentioned colour shows the presence of which of the following nutrient?

(a) Protein      (b) Carbohydrate      (c) Fats      d) Minerals

(iii) The above identified nutrient is found in

(a) protective food      (b) energy giving food      (c) body building food

(d) none of these.

2. The table below shows the food items in the meals of four students.

Students	Food items in lunch	Food items in dinner
Sanjay	Wheat, roti and dal	Wheat, roti and mixed vegetables
Anjum	Rice and fish curry	Rice and chicken
Raghu	Rice and chicken	Rice and fish curry
Jenny	Wheat, bread and meat	Wheat, bread and chicken

(1) Which student ate meals that contain plant proteins only?

(a) Sanjay    (b) Anjum    (c) Raghu    (d) Jenny

(ii) Which two students ate the most similar food items?

(a) Sanjay and Anjum                      (b) Anjum and Raghu

(c) Raghu and Jenny                      (d) Jenny and Sanjay

(iii) Why is it necessary to have a variety of food items in meals?

(a) More food items make the meal tasty

(b) More food items make the meal look good

(c) A single food item cannot make our stomach full

(d) A single food item does not contain all the nutrients

## **Answers**

### Assertion and Reason

1. (d) A is false, but R is true. A can be corrected as Food containing fats and carbohydrates are called energy giving food. The food items rich in vitamins and minerals are called protective food.

2. (b) Both A and R are true, but R is not the correct explanation of A.

Roughage is necessary for our body, because it forms the bulk and helps in the removal of undigested food. It does not provide any nutrition to our body.

3. (a) Both A and R are true and R is the correct explanation of A.

4. (a) Both A and R are true and R is the correct explanation of A.

### Fill in the Blanks

1. peas, proteins    2. Butter    3. Papaya    4. protein, calcium    5. iron

### True /False

1. True

2. False, carbohydrates are the energy giving foods. They give us energy to carry out all functions of the body.

3. False, proteins are called as body building foods as they h in the growth and maintenance of the body.

4. True

5. True

### Match the Columns

A-2, B-3, C-4, D-6, E-1, F-5

### Case study based questions

1. (i) (a), (ii) (b), (iii) (b)

2. (i) (a), (ii) (b), (iii) (d)

