

MINDFUL EATING : A PATH TO A HEALTH BODY

Multiple Choice Questions

1. A student performed a test for the presence of nutrients in banana. He placed a piece of banana in a test tube and added 2-3 drops of dilute iodine solution. He observed the appearance of blue-black colour. What can be concluded from this observation?

- (a) Presence of fat
- (b) Presence of protein
- (c) Presence of vitamins
- (d) Presence of carbohydrates

2. Read the food items given below.

- (i) Wheat (ii) Ghee (iii) Iodised salt (iv) Spinach (palak)

Which of the above food items are energy giving foods?

- (a) (i) and (iv) (b) (ii) and (iv) (c) (i) and (ii) (d) (iii) and (iv)

3. Which of the following sources of protein is different from others?

- (a) Peas (b) Grams (c) Soybeans (d) Cottage cheese (paneer)

4. Given below are the steps to test the presence of proteins in a food item.

- (i) Take a small quantity of the food item in a test tube, add 10 drops of water to it and shake it.

- (II) Make a paste or powder of food to be tested

- (iii) Add 10 drops of caustic soda solution to the test tube and shake well.

- (iv) Add 2 drops of copper sulphate solution to it

Which of the following is the correct sequence the steps?

- (a) (i), (ii), (iv), (iii) (b) (ii), (i), (iv), (iii)

- (c) (ii), (i), (iii), (iv) (d) (iv), (ii), (i), (iii)

5. An individual consumes a diet rich in fats, carbohydrates and proteins, but ignores to incorporate adequate amount of fluids. What will be the likely effect to the body if the individual continues with the same diet?

- (a) The body will show rapid growth and development

- (b) The body will eliminate all the nutrients from body

(c) The body will reduce the output of sweat and urine

(d) The body will readily digest the consumed food.

6. Which of the following nutrients is not present in milk?

(a) Protein (b) Vitamin C (c) Calcium (d) Vitamin D

7. Which of the following is not a source of vitamin D?

(a) Butter (b) milk (c) sunlight (d) Orange

8. Vitamin D helps our body to use calcium for bones and teeth. Human body produces vitamin-D when exposed to both sunlight and high temperatures. Which type of climate is most likely to cause vitamin D deficiency in humans?

(a) Cold & cloudy (b) Warm & cloudy (c) cold & sunny (d) Warm & sunny.

9. Minerals and vitamins present in food are

(a) protective (b) energy giving (c) body building (d) roughage

10. Which one of the following food items does not provide dietary fibre?

(a) Whole grains (b) Whole pulses (c) Fruits and vegetables (d) Milk

11. Accumulation of excessive body fat leads to which of the following disorder?

(a) Night blindness (b) Anaemia (c) Obesity (d) Goitre

12. Which vitamin gets easily destroyed during cooking?

(A) Vitamin-B1 (b) vitamin -D (c) vitamin-A (d) Vitamin-C

13. Read the following statements about diseases.

(I) They are caused by germs.

(II) They are caused due to lack of nutrients in our diet.

(III) They can be passed from one person to another through contact.

(iv) They can be prevented by taking a balanced diet. Which pair of statements best describes a deficiency disease?

(a) (i) and (ii) (b) (ii) and (iii) (c) (ii) and (iv) (d) (i) and (iii)

14. Pankaj is suffering from tooth decay and bleeding gums. Which of the following nutrients in food would help him recover?

- (a) Vitamin-A and calcium (b) Calcium and vitamin-C
(c) Vitamin-C and iodine (d) Iodine and vitamin-A

15. Which of the following conditions will occur if a person eliminates the food items that are rich in vitamin D from his diet?

- (a) Beri beri (b) goitre (c) Rickets (d) Scurvy

16. Which condition will occur if a person eliminates the food items that are rich in vitamin B1 from his diet?

- (a) Goitre (b) Rickets (c) Beri beri (d) Scurvy

17. Which among the following is not a millet crop?

- (A) Sanwa (b) Bajra (c) Ragi (d) Singa

18. Which of the following is not related to reduction of food miles?

- (a) cutting cost (b) Increasing pollution
(c) Support local farmers (d) fresher and healthier food

19. Given below is the entire process of making the chapati that we eat. Arrange the following in sequence.

- (I) Farmer grows wheat (II) Storage of grains
(iii) Threshing and winnowing of grains (iv) Grinding of grains and packing
(a) (ii), (iii), (i), (iv) (b) (i), (iii), (ii), (iv)
(c) (i), (ii), (iii), (iv) (d) (iv), (ii), (i), (iii)

Answers

1. (d) 2. (c) 3. (d) 4. (b) 5. (c) 6. (b)
7. (d) 8. (a) 9. (a) 10. (d) 11. (c) 12. (d)
13. (c) 14. (b) 15. (c) 16. (c) 17. (d) 18. (b)
19. (b)

