



**Note: (1) Think and Answer**

**(2) Mind Choices**

**Name:**

**Date:**

**Areas of Improvement:**


Maximum Marks (Objective)	15
Marks Obtained	
%	
Maximum Marks (Subjective)	18
Marks Obtained	
%	
Maximum Marks	33
Marks Obtained	
%	

Parent's Signature	Parent's Signature



### Section A (Objective Questions)

#### A. Multiple Choice Questions:

[ 0.5 x 24 = 12 ]

1. Which nutrient helps maintain healthy skin and hair and helps absorb fat-soluble vitamins?

- A) Proteins    B) Carbohydrates    C) Fats    D) Minerals

2. Which nutrient is essential for strong bones and teeth, muscle function, and nerve transmission?

- A) Proteins    B) Vitamins    C) Minerals    D) Fiber

3. Which nutrient is the body's primary source of structural material for cells and tissues?

- A) Proteins    B) Carbohydrates    C) Fats    D) Vitamins

4. Which nutrient helps in the formation of red blood cells, carrying oxygen throughout the body?

- A) Vitamins    B) Proteins    C) Fats    D) Minerals

5. Which nutrient is important for producing energy from food, supporting nerve function, and maintaining healthy skin and vision?

- A) Vitamins    B) Proteins    C) Fats    D) Minerals

6. Which nutrient helps in maintaining healthy digestion, preventing constipation, and regulating blood sugar levels?

- A) Fats    B) Proteins    C) Carbohydrates    D) Fiber

7. Which nutrient is important for maintaining healthy eyesight, especially in low light conditions, and for immune function?

- A) Fats    B) Vitamins    C) Proteins    D) Minerals

8. Read the following statements and identify which nutrient they describe:

Statement 1: This nutrient provides a quick source of energy for the body.

Statement 2: It is found in foods like bread, rice, and potatoes.

Statement 3: Excessive intake of this nutrient can lead to weight gain and health problems like diabetes.

- A) Proteins    B) Fats    C) Carbohydrates    D) Vitamins

9. Consider the following functions and identify the nutrient they describe:

Function 1: This nutrient helps in maintaining healthy skin, hair, and vision.

Function 2: It is important for the immune system and acts as an antioxidant to protect cells from damage.



Function 3: This nutrient is essential for blood clotting and for the formation of strong bones and teeth.

A) Fats                      B) Vitamins    C) Proteins      D) Minerals

**10.** Analyze the following scenarios and identify the nutrient that best fits:

Scenario 1: An athlete needs a nutrient that provides sustained energy during long training sessions.

Scenario 2: A person wants to maintain healthy digestion and prevent constipation.

Scenario 3: A child is growing and needs a nutrient that supports bone development and muscle function.

A) Fats              B) Carbohydrates      C) Proteins    D) Fiber

**11.** Match the nutrient to its role in the body:

Role 1: Supports muscle contraction and nerve function.

Role 2: Essential for the formation and maintenance of strong bones and teeth.

Role 3: Important for the production of haemoglobin, which carries oxygen in the blood.

A) Proteins    B) Fats              C) Minerals    D) Carbohydrates

**12.** Analyze the following scenarios and identify the nutrient that best fits:

Scenario 1: A person needs a nutrient that provides a source of long-term energy storage and helps in insulating the body.

Scenario 2: An individual wants to maintain regular bowel movements and prevent constipation.

Scenario 3: A child is growing and needs a nutrient that supports brain development and function.

A) Fats              B) Carbohydrates      C) Fiber              D) Proteins

**13.** Match the nutrient to its role in the body:

Role 1: Supports the formation of enzymes and hormones that regulate various body functions.

Role 2: Provides a source of long-term energy storage and insulation for the body.

Role 3: Essential for the production of red blood cells and the transportation of oxygen throughout the body.

A) Fats              B) Proteins      C) Vitamins      D) Iron (a mineral)

**14.** Which deficiency disease is caused by insufficient intake of vitamin C?

A) Scurvy              B) Rickets      C) Beriberi      D) Goiter



**15.** Which deficiency disease is caused by a lack of iron in the diet?

- A) Anemia    B) Night blindness    C) Kwashiorkor    D) Pellagra

**16.** Which deficiency disease is caused by a lack of vitamin D, leading to softening and weakening of bones?

- A) Rickets    B) Goiter    C) Beriberi    D) Scurvy

**17.** Which deficiency disease is caused by insufficient intake of iodine, leading to enlargement of the thyroid gland?

- A) Goiter    B) Pellagra    C) Beriberi    D) Night blindness

**18.** Which deficiency disease is caused by lack of vitamin A, resulting in difficulty seeing in low light conditions?

- A) Rickets    B) Scurvy    C) Beriberi    D) Night blindness

**19.** Which deficiency disease is caused by a lack of vitamin K, resulting in impaired blood clotting and excessive bleeding?

- A) Anemia    B) Rickets    C) Scurvy    D) Hemorrhagic disease

**20.** Which nutrient deficiency can result in symptoms like reduced immunity, delayed wound healing, and poor growth in children?

- A) Fats    B) Proteins    C) Vitamins    D) Minerals

**21.** Which nutrient deficiency can result in symptoms such as poor night vision, dry eyes, and increased susceptibility to infections?

- A) Vitamin A    B) Vitamin K    C) Vitamin B12    D) Vitamin E

**22.** Which nutrient deficiency is linked to symptoms such as bone pain, muscle weakness, and increased risk of fractures?

- A) Calcium    B) Vitamin D    C) Phosphorus    D) Vitamin K

**23.** Which nutrient is important for blood clotting and bone health, and is synthesized by the body with adequate exposure to sunlight?

- A) Vitamin D    B) Vitamin C    C) Vitamin B12    D) Vitamin A

**24.** Which nutrient is important for bone health, and blood clotting, and is found in foods like leafy greens, dairy products, and fortified cereals?

- A) Vitamin D    B) Calcium    C) Vitamin K    D) Vitamin C



**B. Match the following:**

[ 0.5 x 6 = 3 ]

Column A	Column B
(a) Energy giving food	(i) Vitamins and minerals
(b) Body building food	(ii) Iodine
(c) Protective food	(iii) Fats, carbohydrates
(d) Test for fat	(iv) Copper sulfate and caustic soda
(e) Test for starch	(v) Oily patch on paper sheet
(f) Test for protein	(vi) Proteins

**Section B (Very Short Answer Question)**

[ 1 x 8 = 8 ]

Q1. Define deficiency diseases.

Q2. Name two diseases caused by a deficiency of vitamins in the diet.

Q3. Name two diseases caused by a deficiency of minerals.

Q4. Name the main constituent of roughage.

Q5. Name the minerals that make our teeth and bones.

Q6. Name the disease that can be prevented by giving protein-rich food

Q7. Which type of carbohydrate is white, tasteless, and insoluble in water?

Q8. Which disease causes swelling and redness of the gums and tongue?

**Section C (any two questions only)**

[ 2 x 2 = 4 ]

**Short Answer Question:**

Q1. (a) List all those components of food that provide nutrients.

(b) Mention two components of food that do not provide nutrients.

Q2. How are vitamins classified?

Q3.

(i) Which nutrient is required the most by a growing child and why?

(ii) Name the organ of the body that will not be able to function properly if we do not consume fat at all.

(iii) What is the role of hemoglobin?



Q4. Why do growing children need a more protein-rich diet?

**Section D** (any two questions only)

[ 3 x 2 = 6 ]

**( Long Answer Question)**

Q5. 'Water does not provide nutrients, yet it is an important component of food'. Explain.

Q6. What are the various functions of proteins?

Q7. Explain the different types of nutrients found in food and their importance for the human body.

Q8. Explain the importance of vitamins and minerals in our diet. Please provide examples of different vitamins and minerals along with their food sources and functions in the body.