



Chp 1: Food: Where Does it Come From

Q1. Multiple Choice Questions:

1. We store different types of cereals and pulses in house. To increase the shelf life of cereals and pulses they should be stored in?

- A) Airtight containers
- B) In tumblers
- C) Inside the cupboard
- D) Anywhere

2. The organic matter which helps the yield of crop is called as manure. Manure helps to increase the _____.

- A) Beauty of soil
- B) fertility of soil
- C) Colour of soil
- D) Odour of soil

3. The food gets spoiled by attack of:

- A) Bacteria
- B) Mold
- C) Yeast
- D) All of these

Q2. True or False

1. Potato chips are a healthy way to eat potato.
2. Foods such as broccoli and almonds are a good source of calcium in the diet
3. Growing children need more protein than old people.

Q3. Short Answer Question:

1. What type of food is consumed by people living in coastal areas?
2. Is it acceptable for a food handler to wear jewellery in his/her hands?
3. If a food is cooked on the outside it will also be cooked on the inside.

Q4. Long answer questions:

1. What is the role of vitamin C? Why is it important?
2. If you purchase a canned food and you see that, there is dent on the can. Is it safe to eat the food?
3. Storage of food in plastic bags or plastic bags used to cook food in microwave is a safe practice?

Q.5 Passage based question and answers:

When there is lack of availability of food, this situation is called famine. Sometimes, the volcanic eruptions, floods and droughts are the reason for it. These natural calamities destroy the crops. Sometimes improper storage of food spoils it and brings the situation of famine, there have been many deaths due to lack of food in many years. Our body needs all

the vitamins and minerals for proper functioning and growth. When it does not receive some nutrients, it falls prey to diseases. Lack of nutrition is called malnutrition. There are many diseases such as kwashiorkor, marasmus and scurvy which are malnutrition diseases.

1. How do natural calamities bring the famine.
2. What do you understand with the term malnutrition?
3. Insectivores are _____ which eat _____.

CH: 2. COMPONENTS OF FOOD

Q.1: MULTIPLE CHOICE QUESTION: (MCQ)

1. Iodine solution turns blue-black when added to a food X. The food X is likely to be as :
 - a. A piece of butter
 - b. A piece of bread
 - c. A cup of milk
 - d. A boiled egg
2. Which one of the following food nutrients should be present in greater amount in the diet of a labourer than an office worker of the same age and weight
 - a. Carbohydrates
 - b. Proteins
 - c. Minerals
 - d. Vitamins
3. Which from the following disease occurs in babies due to the deficiency of proteins as well as carbohydrates in their diet?
 - a. Night blindness
 - b. Goiter

c. Kwashiorkor

d. Marasmus

Q.2: TRUE OR FALSE:

1. Copper Sulphate is used to find out the presence of protein in food.
2. A family eats boiled eggs, bread toast and orange juice for breakfast, which is nutritious and healthy breakfast.
3. Beri-beri is caused due to the deficiency of vitamin A.

Q.3: SHORT ANSWER QUESTIONS:

1. Paheli avoids eating vegetables but likes to eat biscuits, noodles and white bread. She frequently complains of stomach ache and constipation. What are the food items that she should include in her diet to get rid of the problem? Give reason.
2. Mention two components of food that do not provide any nutrients.
3. How do we test fat and starch in food samples? Give one test for each.

Q.4: APPLICATION BASED QUESTIONS:

1. Sarthak advises his mother not to sieve wheat flour before making dough. Can you state why?
2. Boojho was having difficulty in seeing things in dim light. The doctor tested his eyesight and prescribed a particular vitamin supplement. He also advised him to include a few food items in his diet. Suggest some food items that he should add in his diet.
3. Paheli and Boojho peeled some potatoes and cut them into small pieces. They washed and boiled them in water. They threw away the excess water and fried them in oil adding salt and spices. Although potato dish tasted very good, but its nutrient value was less. Suggest a method of cooking potatoes that will not lower the nutrients in them.

Q.5: PARAGRAPH BASED QUESTIONS:

Carbohydrates mainly provide energy to our body. Fats also gives us energy in fact fats gives us much more energy as compared to the same amount of carbohydrates. Foods containing proteins are often called 'body building foods'. Vitamins helps in protecting our body against diseases. Vitamins also helps in keeping our eyes, bones, teeth and gums healthy. Vitamins are of different kinds known by different names. Some of these are Vitamin A, Vitamin C, Vitamin D, Vitamin E and Vitamin K. there is also a group of vitamins called Vitamin B-complex. Our body needs all type of vitamins in small quantities. Vitamin A keeps our skin and eye healthy, Vitamin C helps body to fight against many diseases. Vitamin D helps our body to use calcium for bones and teeth. Minerals are needed by our body in small amounts. Each one is essential for proper growth of body and maintain good health. Most food items have more than one nutrient. But in many raw material one particular nutrient is present in larger quantity than in others. For example, Rice has more carbohydrates than other nutrients. Thus we say that rice is a 'Carbohydrate Rich' source of food.

1. What will happen if you eat only rice and potato?

2. What is role of protein in our body?

3. Name any four important minerals that are needed by our body

Chp 3: Fibre to Fabric

Question 1.Which one of the following is a synthetic fibre?

- (a) Nylon
- (b) Rayon
- (c) Polyester
- (d) All of these

Question 2.Which is a natural fibre?

- (a) Silk
- (b) Nylon
- (c) Rayon
- (d) All of these

Question 3.Which of the following is a plant fibre?

- (a) Wool
- (b) Silk
- (c) Cotton
- (d) Nylon

Q2 TRUE OR FALSE

1. All the plants have fibres in their body structure.
2. Cotton is the most important industrial crop.
3. Type of clothing which we wear is influenced by climate, occupation, culture and daily needs.

Q3 SHORT ANSWER QUESTIONS

Q 1.Name the four types of fabrics which are still used in un-stitched form in our country.

Q 2.Name two products obtained by weaving 'twigs' and 'grass'.

Q 3.Which fibre is the expensive fibre?

Q4 APPLICATION BASED QUESTIONS

Question 1.

While doing an experiment to see burning characteristics of various fibre Prakash hold the cotton fibre in his hand and was about to burn it on the burner. On seeing this, his classmate Ratan stopped him immediately and asked to use tong to hold the fibres.

- (a) What is fibre?
- (b) Name any three natural fibres.
- (c) What are the burning characteristics of the above three fibres?
- (d) What value of Prakash is shown here?

Q5 PASSAGE BASED QUESTION

Jute fiber is obtained from the stem of the jute plant. It is cultivated in rainy season. Jute is grown in alluvial soil which is found usually in the Delta Region of the Ganges and Brahmaputra rivers. In India, jute is mainly grown in west Bengal, Bihar and Assam. Jute plants are about 2.5 to 3.5 meter in height. It bears yellow flowers in 3 to 4 months. Jute plants are usually cut at the flowering stage. A good quality fiber is obtained from plants which are cut at the flowering stage. After falling of dry leaves bundles of dry plants are kept in a pond for a few days. In this period the gummy skin rots out to separate the fibre. This process is called retting.

The jute fiber is obtained from the retted jute by hand. Jute fibre is pale- yellow in colour and 2to 3 meter long. Jute fibre is very strong. Jute fibre has silky texture.

Jute fiber is used mainly for making gunny bags, shopping bags, ropes, carpets, curtains, etc.

ANSWER THE FOLLOWING QUESTIONS

- 1 How long is jute fibre?
- 2 When is jute plant cut?
- 3 Name the states where jute is grown?
