



**INDIAN SCHOOL DARSAIT
DEPARTMENT OF SCIENCE**

Subject: Science	Topic: Components of Food	Date of Worksheet: 23.4.2019
Resource Person: Ms. Saritha Kishore		Date: _____
Name : _____		Class & Div: ____ Roll No: ____

I Fill in the blanks

1. A disease known as beriberi is caused due to the deficiency of _____.
2. Deficiency of _____ in our food causes night blindness.
3. _____ is caused due to the deficiency of Vitamin C.

II Complete the table

Give two food items each which are rich sources of the following vitamins/minerals

Vitamin	Food items	Mineral	Food items
Vitamin A		Calcium	
Vitamin B		Potassium	
Vitamin C		Iodine	
Vitamin D		Iron	
Vitamin E		Phosphorous	
Vitamin K		Sodium	

III Answer the following

1. Name the vitamin that our body prepares in the presence of sunlight.
2. Name the vitamin that is not present in milk.
3. Mention any two nutrients that provide energy.
4. Name the vitamin that is required to maintain good eyesight.
5. Name the nutrients that are required for growth and the body to be well maintained.
6. Which is the mineral that is required to maintain healthy bones in the body?
7. Why is it important to include each of the following items in your diet?
 - a) Pulses
 - b) Green leafy vegetables.
 - c) Fresh citrus fruits.
 - d) Rice/Bread or Chapattis
8. Mention any two foods that are rich in:

(a) Fats	(b) Carbohydrates
(c) Dietary fibre	(d) Protein

9. In countries where the winter is six months long and dark, children often suffer from rickets. Why?
10. A patient had stunted growth, swelling on face, discoloration of hair and skin disease. The doctor advised him to eat a lot of pulses, grams, albumin of the egg and milk, etc. What is wrong with the patient? Explain.
11. Given below are pictures of people suffering from some diseases. Identify it and write the name of the nutrient whose deficiency causes the disease.



a) _____ b) _____ c) _____

12. People who eat sea food do not suffer from Goitre. Explain.
13. Excess intake of fats is harmful to the body because it causes obesity. Would it be harmful to the body if there is too much intake of proteins or vitamins in a diet plan?
14. When the suspension of a food-stuff is made alkaline by adding a little of sodium hydroxide solution and then a few drops of copper sulphate solution are added, a violet colour is produced. Name the constituent of food indicated by this test.
15. A foodstuff gives a blue-black colour with dilute iodine solution. Name the constituent of food indicated by this test.
16. When a little of food material is rubbed in the centre of paper and then the paper is held towards light, a bright greasy patch (translucent patch) is observed. Name the component of food indicated by this test.
17. Name two nutrients that provide immunity against diseases.
18. People prefer to eat chapattis made up of unsieved flour instead of chapattis made from Maida. Why? Give reason
19. Explain why, thick peels should not be removed from fruits and vegetables?
20. Who needs more proteins in his daily diet in relation to body weight: a growing child or a grown up man? Why?
21. How can we overcome the deficiency of nutrients?

