

Class: VI
Subject: Biology
Topic: Components of Food
No. of Questions: 20
Duration: 60 Min
Maximum Marks: 60

1. The ingredients of food contain some components that are needed by our body. These components are called _____

- a. **Nutrients**
- b. Energy giving
- c. Body building
- d. Resistance giving

Answer- (a) The ingredients of food contain some components that are needed by our body. These components are known as nutrients.

2. The major nutrients in these foods are



- a. Fats
- b. **Carbohydrates**

- c. Proteins
- d. Vitamins and minerals

Answer- (b) Grains basically consist of carbohydrates.

3. The major nutrients present in the following food stuff is



- a. **Fats**
- b. Carbohydrates
- c. Proteins
- d. Vitamins and minerals

Answer- Oils are fats

4. Take a small quantity of a food item or a raw ingredient. Put 2-3 drops of dilute iodine solution on it. Observe if there is any change in the colour of the food item. If it turns blue-black it shows the presence of _____.

- a. **Starch**
- b. Carbohydrates
- c. Proteins

- d. Vitamins and minerals

Answer- (a) Starch shows blue color on reacting with iodine.

5. The main carbohydrate found in our food is in the form of _____ & _____.

- a. Vitamins and minerals
- b. Starch and sugars**
- c. Dhals and grams
- d. Oil and ghee

Answer- (b) Grains and sugar are important part of food.

6. Grind or mash a small quantity of the food item. Put some of this in a clean test tube, add 10 drops of water to it and shake the test tube. Now, using a dropper, add two drops of solution of copper sulphate and ten drops of solution of caustic soda to the test tube. Shake well and let the test tube stand for a few minutes. A violet colour indicates presence of _____ in the food item.

- a. Starch
- b. Protein**
- c. Fats
- d. Minerals

Answer- (b) Protein react with caustic soda and copper sulphate to give violet color

7. Dietary fibers are also known as _____.

- a. Starch
- b. Protein
- c. Fats
- d. Roughage**

Answer- (d) Roughage is the Dietary fibers

8. Main function of Roughage in our body is:
- a. To provide Energy
 - b. Body building
 - c. **To get rid of undigested food.**
 - d. Keeps bones and teeth healthy

Answer- (c) Dietary fibers help to get rid of undigested food.

9. For growth and maintenance of good health, our diet should have all the nutrients that our body needs, in right quantities. The diet should also contain a good quantity of water and roughage. Such a diet is called as _____.

- a. Obesity
- b. **A balanced diet**
- c. Deficiency disease
- d. Fruits and vegetables

Answer- (b) For growth and maintenance of good health, our diet should have all the nutrients that our body needs, in right quantities. The diet should also contain a good quantity of water and roughage. Such a diet is called as a balanced diet

10. Some nutrients get lost in the process of cooking and preparations. If the vegetables and fruits are washed after cutting or peeling them, it may result in the loss of some

- a. Starch
- b. Carbohydrates
- c. Proteins
- d. **Vitamins**

Answer- (d) Some of the vitamin are water soluble and they are easily lost.

11. Which vitamin is lost during cooking? (Hence it is important to include some fruits and raw vegetables in our diet)

- a. Vitamin A
- b. Vitamin B
- c. **Vitamin C**
- d. Vitamin D

Answer- (c) Vitamin C is water soluble and it is easily lost.

12. ____ People have less fat in their body.

- a. Giant
- b. **Thin**
- c. Obese
- d. Dwarf

Answer- (b) Fact

13. Which of the following is a source of both calcium and phosphorus?

- a. Leafy vegetables
- b. Sugar
- c. **Milk**
- d. Banana

Answer- (c) Milk is rich in calcium and phosphorous.

14. Scurvy (Bleeding gums) is caused due to the deficiency of

- a. vitamin A
- b. vitamin B1
- c. vitamin C**
- d. vitamin D

Answer- (c) vitamin C deficiency causes scurvy.

15. Rickets is caused by the deficiency of

- (a) vitamin A
- (b) vitamin B1
- (c) vitamin C
- (d) vitamin D**

Answer- (d) vitamin D deficiency causes Rickets.

16. Our hair and nails contain

- (a) Protein**
- (b) Calcium
- (c) Chlorine
- (d) Phosphorus

Answer- (a) our hair and nails contain keratin which is a type of protein.

17. _____ is essential for forming hemoglobin in the blood.

- (a) calcium
- (b) iron**
- (c) phosphorous

(d) magnesium

Answer- (b) Iron is the structural component of hemoglobin.

18. Our body prepares which type of Vitamin in the presence of sunlight?

(a) Vitamin A

(b) Vitamin B

(c) Vitamin D

(d) Vitamin K

Answer- (c) Vitamin D is formed in the presence of sunlight.

19. Goiter: swelling of thyroid glands occurs due to the deficiency of _____.

(a) Iron

(b) Potassium

(c) Phosphorus

(d) Iodine

Answer- (d) Goiter an abnormal enlargement of thyroid gland which occur due to deficiency of iodine.

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

(a) Protein

(b) Vitamin C

(c) Calcium

(d) Vitamin D

Answer- (b) fact