

Class 7th chapter 02 Component of food (Cordova Learning Series Science-6) Solution

Exercise

A. Tick the correct options:

1. Which one is a source of fat?

- (a) soya bean oil ✓ (b) apple (c) wheat (d) none of these

2. For protein test, we add solution along with caustic soda solution

- (a) copper sulphate ✓ (b) magnesium sulphate (c) calcium sulphate (d) iodine

3. Which of the following food items shows a positive starch test?

- (a) butter (b) egg (c) rice ✓ (d) oil

4. Obesity is due to excessive intake of

- (a) proteins (b) fats ✓ (c) minerals (d) vitamins

5. Spongy and bleeding gums are symptoms of

- (a) beriberi (b) scurvy ✓ (c) rickets (d) night blindness

6. Which vitamin is essential for proper vision in darkness?

- (a) vitamin D (b) vitamin A ✓ (c) vitamin C (d) vitamin B

B. Fill in the blanks:

1. Carbohydrates and fats provide us energy.

2. Carrot is a rich source of vitamin A

3. Beriberi is caused due to deficiency of vitamin B..

4. The diet that contains all components of food in the required proportion is called balanced diet.

5. Deficiency of vitamin D causes a disease known as Rickets.

C. Match the following:

| Column A | Ans | Column B |
|---------------------------|-----|-------------------|
| 1. Fluorine | (d) | (a) beriberi |
| 2. Iron | (e) | (b) rickets |
| 3. Vitamin B ₁ | (a) | (C) kwashiorkor |
| 4. Protein deficiency | (c) | (d) dental caries |
| 5. Vitamin D | (b) | (e) anaemia |

D. Very Short Answer Questions

1. Name two food items that are rich in (a) phosphorus (b) calcium.

Ans. (a) Meat, Fish (b) Milk, leafy vegetable

2. Name two sources of roughage.

Ans. Wheat, bean, pea

3. Which mineral is essential for the formation of bones and teeth?

Ans. calcium

4. Which component of food plays an important role in transporting substances and nutrients in our body?

Ans. Water

5 Name one disease from which obese people may suffer.

Ans. Heart attack

6. Name one source of iodine.

Ans. Salt, water

E. Short Answer Questions:

1. Give two cooking practices that lead to the loss of nutrients in food materials

Ans. two cooking practices that lead to the loss of nutrients in food materials are

(i) Washing fruit and vegetable after cutting and peeling (ii) Cooking food in too much water

2. Name the disease caused by the deficiency of dietary iodine and give its symptoms.

Ans. Goitre is caused by the deficiency of dietary iodine.

Neck became swollen. Slow physical and mental growth.

3. How do we get most of the water needed by our body?

Ans. we get most of the water needed by our body by drinking 6-8 glass of water a day and eating fruits and vegetables.

4. Differentiate between the two types of carbohydrates found in food.

Ans. Sugar and starch are two type of carbohydrates present in our body. Sugar provide instant energy to our body whereas Starch provide energy slower than Sugar.

5. Why is roughage important for us?

Ans. (i) It prevent constipation, (ii) It reduces the risk of heart attack and bowel cancer.

F. Long Answer Questions:

1. What is marasmus? What are the symptoms of marasmus?

Ans. Marasmus is a deficiency disease caused by lack of protein, Carbohydrate and fat in diet. Children suffering from marasmus have loose folds of skin all over body.

2. What are deficiency diseases? Name three deficiency diseases and also write their causes and symptoms.

Ans. Diseases caused by lack of balanced diet in food are called deficiency diseases.

| Deficiency diseases | causes | symptoms |
|---------------------|---|--|
| Kwashiorkor | Deficiency of protein | Swollen stomach, Thin legs |
| Marasmus | Deficiency of protein, Carbohydrate and fat | Loose folds of skin all over body |
| Scurvy | Deficiency of Vitamin C | Swelling and bleeding of gum |
| Rickets | Deficiency of Vitamin D | Soft bone, Pigeon type chest, Spine bend |
| Anaemia | Deficiency of Iron, or B12 | Deficiency of Haemoglobin in RBC |
| Goitor | Deficiency of Iodine | Swollen in neck, slow mental and physical growth |

HOTS (Higher Order Thinking Skills) Questions:

1. Mrs Sharma suggested her maid to wash the vegetables before chopping and not after chopping .Does it make a difference? Comment

Ans. Yes, washing fruit and vegetable after chopping loose some vitamin and minerals.

2. Radhika likes to carry bread and jam every day in her lunch. Is this justified? Comment

Ans. No, bread and jam are rich source of carbohydrates. There will be lack of balanced diet in food and Radhika may suffer from deficiency disease.