

COMPONENTS OF FOOD



Name: _____ Date: ____/____/____ Score: _____

Worksheet -1

Fill in the blanks:

- (1) Foods containing fats and carbohydrates are also called _____.
- (2) _____ are also known as roughage.
- (3) _____ is/are the main source of energy for the body.
- (4) _____ is essential for the growth and development of our body.

Multiple Choice Questions:

- (5) Raw potato will give positive test for:
(A) Starch (B) Protein (C) Fat (D) All of these
- (6) Fish, meat, milk are:
(A) Body building food (B) Energy giving food
(C) Protective food (D) Any of these
- (7) Calories are:
(A) A measure of heat energy in food
(B) An important nutrient
(C) Found in Earth's crust
- (8) Water soluble vitamins are:
(A) Vitamins A and D (B) Vitamins K and E
(C) Vitamins B and C (D) Vitamins B and E
- (9) Which of the following food component/s is/are used for muscle building and repairing of damaged tissue?
(A) Fats (B) Proteins (C) Carbohydrates
- (10) Which of the following is a source of fats?
(A) Wheat (B) Cashew nuts (C) Fruits
- (11) Does milk (without adding sugar in it) give Benedict's solution test?
(A) No (B) Yes (C) Can't say