

I. Answer the following questions:- [2x3=6]

1. What roles do protein have in the body? [Mention ant two]
2. What problems can overeating cause?
3. What is blood pressure?

II. Name the following:- [1x5=5]

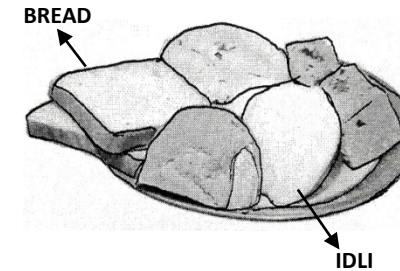
1. A protein in the blood that carry oxygen.
2. An illness among young children in which legs become bent.
3. Harming the quality of food by adding impurities.
4. Plant matter that we cannot digest.
5. The breaking down of food by tiny organisms such as yeast and bacteria.

III. Multiple choice questions :- [1x5=5]

1. Night blindness is caused due to the deficiency of
  - a. Iron
  - b. Vitamin A
  - c. Vitamin C
  - d. Iodine
2. They are important for healthy bones and teeth.
  - a. Calcium
  - b. Iron
  - c. Phosphorous
  - d. Both a and c
3. Rice grain has an hard, scaly outer cover called
  - a. Husk
  - b. bran
  - c. atta
  - d. Maida
4. Eating sprouted pulses is healthier than eating pulses because
  - a. It was easier to digest them
  - b. They have more nutrients
  - c. The body can absorb the nutrients in them more easily
  - d. All of the above

5. FPO means
- a. Fruit Production Order
  - b. Fruit Product Order
  - c. Food Product Order
  - d. Fruit Producer Order

IV. Study the picture and answer the following question:-



1. Name the type of food. [1]
2. Write an examples of the organism used to make these foods. [1]
3. How are these food useful? [2]

\*\*\*\*\* ALL THE BEST\*\*\*\*\*

