

Science

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(Chapter – 1) (Components of Food)
(Class – VI)

Question 1:

Name the major nutrients in our food.

Answer 1:

The major nutrients in our food are named *carbohydrates, proteins, fats, vitamins* and *minerals*. In addition, food contains dietary fibres and water which are also needed by our body.

Question 2:

Name the following:

- (a) The nutrients which mainly give energy to our body.
- (b) The nutrients that are needed for the growth and maintenance of our body.
- (c) A vitamin required for maintaining good eyesight.
- (d) A mineral that is required for keeping our bones healthy.

Answer 2:

- (a) The nutrients which mainly give energy to our body – **Carbohydrates and Fats**
- (b) The nutrients that are needed for the growth and maintenance of our body - **Proteins**
- (c) A vitamin required for maintaining good eyesight - **Vitamin A**
- (d) A mineral that is required for keeping our bones healthy – **Calcium**

Question 3:

Name two foods each rich in:

- (a) Fats
- (b) Starch
- (c) Dietary fibre
- (d) Protein

Answer 3:

- (a) Fats : Ghee, Butter, Milk, Egg etc.
- (b) Starch : Potatoes, Sugar, Rice etc.
- (c) Dietary fibre : Vegetables, Fresh fruits etc.
- (d) Protein : Milk, Beans, Egg, Cheese etc.

Question 4:

Tick (✓) the statements that are correct.

- (a) By eating rice alone, we can fulfil nutritional requirement of our body. ()
- (b) Deficiency diseases can be prevented by eating a balanced diet. ()
- (c) Balanced diet for the body should contain a variety of food items. ()
- (d) Meat alone is sufficient to provide all nutrients to the body. ()

Answer 4:

- (a) By eating rice alone, we can fulfil nutritional requirement of our body. (X)
- (b) Deficiency diseases can be prevented by eating a balanced diet. (✓)
- (c) Balanced diet for the body should contain a variety of food items. (✓)
- (d) Meat alone is sufficient to provide all nutrients to the body. (X)

Question 5:

Fill in the blanks.

- (a) _____ is caused by deficiency of Vitamin D.
- (b) Deficiency of _____ causes a disease known as beri-beri.
- (c) Deficiency of Vitamin C causes a disease known as _____.
- (d) Night blindness is caused due to deficiency of _____ in our food.

Answer 5:

- (a) **Rickets** is caused by deficiency of Vitamin D.
- (b) Deficiency of **vitamin B1** causes a disease known as beriberi.
- (c) Deficiency of Vitamin C causes a disease known as **scurvy**.
- (d) Night blindness is caused due to deficiency of **vitamin A** in our food.

Food Science Chapter Quiz

HSP



Food Science Chapter Quiz:

Introductory Microbiology Lab Skills and Techniques in Food Science Cangliang Shen, Yifan Zhang, 2021-11-02
Introductory Microbiology Lab Skills and Techniques in Food Science covers topics on isolation identification numeration and observation of microorganisms biochemistry tests case studies clinical lab tasks and basic applied microbiology The book is written technically with figures and photos showing details of every lab procedure This is a resource that is skills based focusing on lab technique training It is introductory in nature but encourages critical thinking based on real case studies of what happens in labs every day and includes self evaluation learning questions after each lab section This is an excellent guide for anyone who needs to understand how to apply microbiology to the lab in a practical setting Presents step by step lab procedures with photos in lab setting Includes case studies of microorganism causing infectious disease Provides clinical microbial lab tasks to mimic real life situations applicable to industry

Math Concepts for Food Engineering Richard W. Hartel, D.B. Hyslop, Robin K. Connelly, T.A. Howell Jr., 2008-03-17 A Supplement for Food Science Engineering Students Who Need to Improve Their Mathematical Skills A remedial textbook for understanding mathematical theories and formulas *Math Concepts for Food Engineering* Second Edition helps students improve their mathematical skills so that they can succeed in food engineering cour

Resources in Education, 1995-04 *Elementary Food Science* Richard Owusu-Apenten, Ernest R. Vieira, 2022-05-28 Following the success of the popular introductory text *Elementary Food Science* 5th edition covers a broad range of food science topics organized in four parts Part 1 Interrelated food science topics Part 2 Food safety GMP is described independently and as a prerequisite for HACCP VACCP and TACCP food safety management systems Part 3 contains two new chapters dealing with basic aspects of food processing and the quality of dried foods Part 4 covers handling and processing major food commodity groups meat dairy products poultry and eggs fish and shellfish cereal grains bakery products fruits and vegetables sugar confectionary A new final chapter covers the foodservice industry The text highlights food science links with industry uniquely using the North American Industry Classification System NAICS Overall the book is thoroughly modernized with over 1500 references cited in recognition of thousands of named food scientists and other professionals The target readership remain unchanged for the current edition i e Students of food science from senior high school colleges or universities Sections of the book will also appeal to advanced readers from other disciplines with perhaps little or no prior food science experience Additionally readers covering the intersection of food science with culinary arts foodservices and nutrition or public health will find the book useful

The Vitamins Gerald F. Combs Jr., James P. McClung, 2022-02-24 *The Vitamins* Fundamental Aspects in Nutrition and Health Sixth Edition presents both overviews and in depth discussions of the sources chemistry metabolism and functions of these essential nutrients in physiology and health Sections cover perspectives history of discovery general properties and impacts individual Vitamins their respective chemistries metabolism and their dietary sources and global needs In addition the inclusion and interpretation of recent

clinical research findings relevant to all vitamins particularly vitamins A D E K C thiamin folate and vitamin B12 is included along with an expanded discussion on single carbon metabolism implications to neuropathies and more Presents complete information about vitamins in a format useful as both a teaching text and desk reference Includes coverage of vitamin related topics not typically found in general nutrition texts e g enteric microbial biosynthesis of vitamins global prevalence of deficiencies diagnosing silent asymptomatic vitamin deficiencies histories of vitamin discoveries Contains useful appendices of key reference information e g vitamin requirements of humans and animals vitamin contents of foods sources of vitamin information

A Quiz Book of Nursing for Teachers and Students Amy Elizabeth Pope,Thirza A. Pope,1919 **Holt Science: Teacher's edition** Joseph Abruscato,1989 Harcourt Science: Life science, [grade] 3, units A and B, teacher's ed ,2000 *Holt Science and Technology* Holt Rinehart & Winston,2004-02 *Sciasmtbk Human Body* Mcgraw Hil,1999-04 *Harcourt Science: Teacher's ed., life science units A and B* ,2005 *Chapter Resource 39 Digestive/Excretory Biology* Holt Rinehart & Winston,Holt, Rinehart and Winston Staff,2004 **Harcourt Science** ,2002 **Te HS&T a** Holt Rinehart & Winston,Holt, Rinehart and Winston Staff,2004-02 KSU Ag Report ,2014 **Glencoe Science** ,2002 **Harcourt Science** HSP,1999-04 Adopted by Rowan Salisbury Schools Te HS&T J Holt Rinehart & Winston,Holt, Rinehart and Winston Staff,2004-02 Focus on Earth Science ,2001 *Prentice Hall Science* ,1993

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