

1. Food and Digestion**1. Multiple Choice Questions (MCQs).**

(a) Saliva is mixed with food in

(i) liver (ii) stomach (iii) mouth

(b) Which one of the following is protective nutrient?

(i) carbohydrate (ii) vitamin (iii) protein

(c) Soyabean is rich source of _____.

(i) carbohydrate (ii) vitamin (iii) protein **2. Match the following.**

(a) Wheat

(i) Protein

(b) Fish

(ii) Vitamins

(c) Nuts

(iii) Carbohydrate

(d) Sprouted grams

(iv) Fat

3. Circle the odd one.

(a) Salad Sprouted beans Pizza Apple

(b) Liver Pancreas Stomach Ears

4. Name the nutrient present in the following food.

(a) Sugarcane : _____ (b) Meat : _____

(c) Milk : _____ (d) Green leafy vegetable: _____

5. Write 'T' for true and 'F' for false statements. Rewrite the false statements correctly.

(a) Heart beats all the time to pump blood.

(b) Fats give more energy than carbohydrates.

(c) One fourth of our body weight is water.

(d) We should eat same type of food daily.

6. Answer the following.

(a) What is balanced diet?

(b) What are nutrients? What are the nutrients present in our food?

(c) What is meant by digestion?

(d) What type of food is called junk food?

7. Answer the following.

