



<p><b>Name of the chapter-Revision :Food Where Does It Come From? And Components Of Food.</b></p>	
<p><b>STEP I:</b> Revise the bullet points of chapter 1 :Food where does it come from? (full chapter) and Components Of Food (Till pg 14)</p> <p><b>STEP II</b> Answer the following questions: Q1-The parts of a banana plant not used as food is (1) (a)Flower (b)Fruit (c)Stem (d)Root ANSWER-(D) ROOT</p> <p>Q2-Given below is a list of edible plants. (1) (i)Banana (ii)Pumpkin (iii)Lady finger (iv)Brinjal Which pair of plants has two or more edible parts? (a) (i) and (ii) (b) (ii) and (iii) (c)(ii) and (iv) (d) (i) and (iv) ANSWER-(a) (i) and (ii)</p>	<p>Answer the following questions:</p> <p>Q 7.Which one of the following food item does not provide dietary fibre? (a) Whole Grains (b)Whole Pulses (c)Fruits and Vegetables (d) Milk ANSWER-(d) MILK</p> <p>Q8-Read the food items given below. (i)Wheat (ii)Ghee (iii)Iodised Salt (iv)Spinach Which of the above food items are energy giving foods? (a) (i) and (iv) (b) (ii) and (iv) (c) (i)and (ii) (d) (iii) and (iv) ANSWER-(c) (i)and (ii)</p> <p>Q9-Which of the following food items does not provide any nutrient. (1) (Milk, Water, Orange Juice, Tomato Soup) ANSWER-Water does not provide us any nutrient yet it is essential for life.</p>



Q3-Read the clues and fill up the blanks given below each of them. (1\*4=4)

(a)Honeybees suck from flower.

N\_\_T\_\_R

(b)Animals which eat other animals.

\_A\_\_N\_\_V\_\_R\_\_S

(c)Animals which eat only plants and plant products.

HE\_\_B\_\_\_\_E\_\_

(d)Animals which eat both plants and animals.

\_MNI\_\_O\_\_\_\_

ANSWER-(a)NECTAR

(b)CARNIVORES

(c)HERBIVORES

(d)OMNIVORES

Q4-Why do boiled seeds fail to sprout? (2)

ANSWER-After boiling, seeds lose their tendency to grow.

They are basically dead. That is why they fail to sprout.

Q5-Name two ingredients in our food that are not obtained from plants or animals. Mention one source for each ingredient. (2)

ANSWER-Two ingredients in food that are not obtained from plants or animals are-

(i) Salt-It is obtained from rocks and sea water.

(ii) Water-It is obtained from river through taps, rain, tubewell, wells , etc.

Q6-Given below are jumbled words which are names of plant or parts of a plant. Rearrange them to get the correct words.

(1\*5=5)

(i)LILCHI

(ii)ITRUF

(iii)SEANBOYA

Q10-‘Minerals and Vitamins are needed in very small quantities by our body as compared to other components, yet they are an important part of a balance diet’. Explain the statement’. (2)

ANSWER- Minerals and Vitamins are needed in small quantities but are essential for the normal functioning of our body. It is because-

(a)They are protective foods and help in protecting our body against diseases.

(b)They help in normal growth of our body.

(c)They help in maintaining good health.

Q11-Paheli and Boojho peeled some potatoes and cut them into small pieces. They washed and boiled them in water. They threw away the excess water and fried them in oil adding salt and spices. Although the potato dish tasted very good, its nutrient value was less. Suggest a method of cooking potatoes that will not lower their nutrient value. (2)

ANSWER-Potatoes are nutritious vegetable that provide carbohydrates, vitamins ,minerals and dietary fibres . Consuming potatoes along with their skin peel provides extra dietary fibres and nutrients. A method of cooking potatoes that will not lower their nutrient value is:

Wash the potatoes and cut them into thin slices .Cook the potatoes in little amount of oil and some water by adding salt and spices. Cover the pot while cooking. This method helps to conserve the nutrients of potatoes.

Q12- How can we prepare the dilute solution of Iodine?

(1)

ANSWER- A dilute solution of Iodine can be prepared by adding a few drops of tincture iodine to a test tube half filled with water.

Q13- Write the test to show the presence of protein in any food item.

(3)

ANSWER- To test whether a food item contain proteins, first we need to grind it into a paste or powder form and add 10 drops of water. To this mixture when we



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- (iv)GURSA  
(v)ROUNDGUNT  
ANSWER-  
(i)CHILLI  
(ii)FRUIT  
(iii)SOYABEAN  
(iv)SUGAR  
(v)GROUNDNUT

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add 2 drops of **copper sulphate solution** and 10 drops of **caustic soda solution**.  
After a few minutes, if the mixture turns violet, it is indicative of the presence of protein.

Q14-Mention the food constituents which may be lacking in one's diet, in case of the following- (1\*4=4)

- (a)A Person suffering from anaemia.  
(b)A boy suffering from Poor eyesight.  
(c)A lady suffering from goitre.  
(d)A child suffering from Scurvy.

ANSWER-(a)IRON (b) VITAMIN A (c) IODINE (d)VITAMIN C

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