

Chapter-2

MULTIPLE CHOICE QUESTIONS-

1. Which of the following is the correct definition of food?

- A) Anything that tastes good and satisfies hunger
- B) Anything, solid or liquid which when swallowed, digested and assimilated in the body, helps to keep the body in a state of health
- C) Only solid substances that provide energy
- D) Only liquids that quench thirst

Answer: B) Anything, solid or liquid which when swallowed, digested and assimilated in the body, helps to keep the body in a state of health

2. The word "Nutrition" is derived from which Latin word?

- A) Nutri
- B) Nutr
- C) Natura
- D) Nucleus

Answer: B) Nutr

3. Which of the following is NOT a nutrient?

- A) Proteins
- B) Carbohydrates
- C) Antioxidants
- D) Vitamins

Answer: C) Antioxidants

4. According to functional classification, which foods are considered "Body Building foods"?

- A) Carbohydrates and Fats
- B) Proteins and Minerals
- C) Vitamins and Minerals
- D) Water and Roughage

Answer: B) Proteins and Minerals

5. Which organization defined a balanced diet as one which contains different types of foods in such quantities and proportions that the need for calories, minerals, vitamins and other nutrients is adequately met?

- A) WHO
- B) ICMR
- C) FAO
- D) UNESCO

Answer: B) ICMR (Indian Council of Medical Research)

6. Which of the following is NOT a function of food?

- A) Supplying energy
- B) Building and maintaining body tissues
- C) Regulating body processes
- D) Increasing body weight automatically

Answer: D) Increasing body weight automatically

7. According to WHO, health is defined as:

- A) Absence of disease or infirmity
- B) State of complete physical, mental and social well-being and not merely the absence of disease or infirmity
- C) Ability to work efficiently
- D) Freedom from all illnesses

Answer: B) State of complete physical, mental and social well-being and not merely the absence of disease or infirmity

8. Malnutrition includes:

- A) Only under-nutrition
- B) Only over-nutrition
- C) Both under-nutrition and over-nutrition
- D) Only vitamin deficiency

Answer: C) Both under-nutrition and over-nutrition

9. Which of the following is an example of a lifestyle disease caused by overconsumption of nutrients?

- A) Goitre
- B) Diabetes type II
- C) Scurvy
- D) Rickets

Answer: B) Diabetes type II

10. Which function of food is described as providing an outlet for pressures of

life and a sign of security?

- A) Physiological function
- B) Psychological function
- C) Social function
- D) Spiritual function

Answer: B) Psychological function

11. Deficiency of iodine can lead to which disease?

- A) Diabetes
- B) Goitre
- C) Anaemia
- D) Scurvy

Answer: B) Goitre

12. According to the Eight Point Plan for a Healthy Diet, which of the following should be moderated?

- A) Fibre intake
- B) Fruit consumption
- C) Fat intake (especially saturated fat)
- D) Water intake

Answer: C) Fat intake (especially saturated fat)

13. Which cooking term refers to cutting food into small pieces where uniformity of size and shape is neither necessary nor possible?

- A) Cutting
- B) Chopping
- C) Grating

- D) Julienne

Answer: B) Chopping

14. What is the process of combining a cold fat with flour until the mixture resembles coarse crumbs called?

- A) Blending
- B) Cut in
- C) Fold in
- D) Kneading

Answer: B) Cut in

15. Which herb is known for maintaining blood pressure, curing diarrhoea, and improving cardiovascular health?

- A) Mint (Pudina)
- B) Coriander (Dhaniya)
- C) Basil (Tulsi)
- D) Thyme

Answer: B) Coriander (Dhaniya)

16. Which herb contains antioxidants that fight infections and acts as a natural anti-inflammatory?

- A) Mint
- B) Celery
- C) Basil (Tulsi)
- D) Curry Leaves

Answer: C) Basil (Tulsi)

17. Which spice is added to many dishes to impart flavour, yellow colour and antiseptic properties?

- A) Clove
- B) Cinnamon
- C) Turmeric
- D) Cardamom

Answer: C) Turmeric

18. Which spice is known to help in curing colic, dysentery and diarrhoea and has a slightly bitter taste?

- A) Cumin (Jeera)
- B) Fenugreek (Methi)
- C) Fennel (Saunf)
- D) Carom (Ajwain)

Answer: B) Fenugreek (Methi)

19. Which of the following is a dimension of health according to WHO?

- A) Economic well-being
- B) Political well-being
- C) Social well-being
- D) Educational well-being

Answer: C) Social well-being

20. What is the term for eating the right amounts of nutrients on a proper schedule to achieve the best performance and the longest possible lifetime in good health?

- A) Balanced diet
- B) Optimum Nutrition
- C) Malnutrition
- D) Nutritional status

Answer: B) Optimum Nutrition

SHORT ANSWER TYPE QUESTIONS-

1. What do you mean by food?

A- Food is anything solid or liquid which when swallowed, digested and assimilated in the body helps to keep the body well.

2. What do you mean by Nutrition?

A- Nutrition is a combination of processes by which living organisms receive and utilize the material necessary for the maintenance of its functions and for the growth and renewal of its components.

3. Explain the meaning of nutrients. Explain in short about their digestion.

A- Nutrients are the chemical substances present in food which perform different functions relating to body growth and development and maintenance of good health.

4. What are the important functions of nutrients?

A- (i) The body requires nutrients for energy for all voluntary and involuntary activities. Energy giving nutrients are carbohydrates, fats and proteins.

(ii) The nutrients build and maintain body tissues.

(iii) Some nutrients are needed for regulating body processes.

(iv) All the nutrients, except carbohydrates, play an important role in the regulation of body process such as circulation of blood maintenance of body temperature, digestion etc.

5. Explain balanced diet.

A- A balanced diet is one which contains different types of foods in such quantities and proportions that the need for calories, minerals, vitamins and other nutrients is adequately met.

6. What are the important functions of food?

A- (i) Food supplies nutrients for health

(ii) Food is a source of power.

(iii) Food is a source of security

(iv) It is a sum of culture and traditions.

7. Mention the physiological functions of food.

A- (i) The body requires nutrients for energy for all voluntary and involuntary activities. Energy giving nutrients are carbohydrates, fats and proteins.

(ii) Some nutrients are needed for regulating body processes. Water helps in regulating body processes like digestion, excretion, maintenance of body temperature and electrolyte balance, Roughage helps in normal bowel movements.

(iii)Protective foods are required for safeguarding the body against diseases and disorders Eg-vitamins and minerals.

(iv)All the nutrients, except carbohydrates, play an important role in the regulation of body process such as circulation of blood maintenance of body temperature, digestion etc.

8. How does food serve the social needs of a person? **OR**

How can sharing food build social well being?

A- Food is always the central part of our social life. It presents an expression of love, friendship and happiness at social get- together. Food served in social events like marriages, parties, official meetings, etc. serves as a powerful and effective

instrument for developing social rapport. Sharing food among children provides a feeling of togetherness and unity.

9. Name important constituents of a balanced diet.

A- The important constituents of a balanced diet are proteins, fats, carbohydrates, minerals, vitamins and fibre.

10. Define health and its significance in the life of a man.

A- Health is defined as a state of complete physical, mental and social well being and not merely the absence of disease or infirmity. It has the following significance in the life of a man:

- (i) physical fitness
- (ii) mental and emotional well- being
- (iii) Sound health enables human to work more and add to the assets of the nation.
- (iv) Keep our mind calm

11. How does food affect mental and emotional well being?

A- Food affects mental and emotional well being to a great extent. When we hear depressing news, we lose our appetite. On the other hand, when our mind is calm and happy, we eat well. When children are undernourished or hungry, cannot focus on studies, nor can adults do their work efficiently.

LONG ANSWER TYPE QUESTIONS-

1. Explain, how food performs its chief functions, namely to meet the physiological needs of the body? Also show, how foods serves the social and psychological needs of a person?

A- Food supplies nutrients for health. It is a source of power and security. It is a sum of culture and traditions. Food served in social events like marriages, parties, official meetings, etc. serves as a powerful and effective instrument for developing social rapport. Sharing food among children provides a feeling of togetherness and unity. The body requires nutrients for energy for all voluntary and involuntary activities. Energy giving nutrients are carbohydrates, fats and proteins. Some nutrients are needed for regulating body processes. Water helps in regulating body processes like digestion, excretion, maintenance of body temperature and electrolyte balance, Roughage helps in normal bowel

movements. Food satisfies certain emotional needs of the human being. It gives genuine satisfaction to the consumer. Children who are ill and lonely make demands for food to gain attention.

2. Describe food and balanced diet by defining them.

A- Anything, solid or liquid which when swallowed, digested and assimilated in the body, helps to keep the body in a state of health is defined as food. Food after ingestion, digestion and absorption is utilized by the body for its proper functioning. It provides the nutrients which helps us to maintain our health. A balanced diet is one which contains different types of foods in such quantities and proportions that the need for calories, minerals, vitamins and other nutrients is adequately met.

3. Give the various functions of food.

A- (i) Food supplies nutrients for health.

(ii) Food is a source of power.

(iii) Food is a source of security.

(iv) Food is a status symbol.

(v) Food is a symbol of hospitality and friendship throughout the world.

(vi) Food is an outlet for emotion.

(vii) It is a sum of culture and traditions.

4. Why are fruits and vegetables of different colours important in our diet?

A- Fruits and vegetables get their colour from phytochemicals, natural bioactive compounds. The most vibrantly coloured fruits and vegetables are rich in variety of vitamins, minerals, essential fatty acids and fibre. They also provide different antioxidants that help the body to resist disease caused by lifestyle factors like smoking, pollution, obesity, etc.

5. What are the health benefits of herbs and spices? Explain.

A- Herbs that are used in cooking possess some medicinal value. It acts as antioxidants and antiseptics help to fight cough and cold, and help in digestion. It supports the body's immune system to maintain health.

Spices have a pleasant aroma. It helps in treating many diseases like colic, dysentery, and diarrhea and prevents cancer. It helps in reducing stress and fatigue.