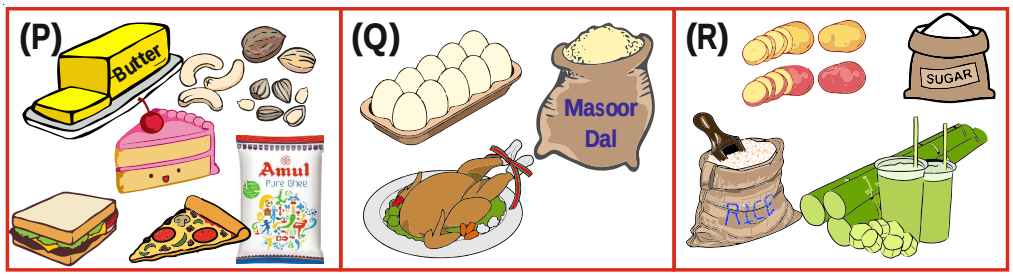
01 **Look at the picture and answer the following.**



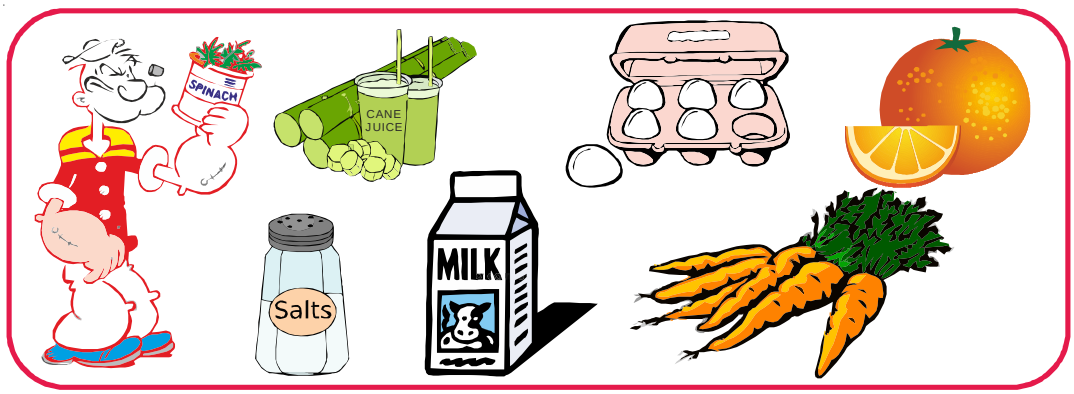
(a) **Name three classes of food. Derive respective answers observing the pictures 'P, 'Q', and 'R' respectively.**

(b) **Which food item among 'P, 'Q', and 'R' is the highest in its calorific value ?**

(c) **What are the effects of consuming excess fat in diet ?**

Your solution here:

02 **Some food stuffs are shown in the picture given below. Study them carefully to answer the following.**



(a) **Draw a circle around the food, rich in vitamins and minerals.**

(b) **Draw a square around the food which prevents scurvy.**

(c) **Mark the picture with a mark (4) that help in preventing goitre.**

(d) **Draw a star around the food rich in vitamin 'A'.**

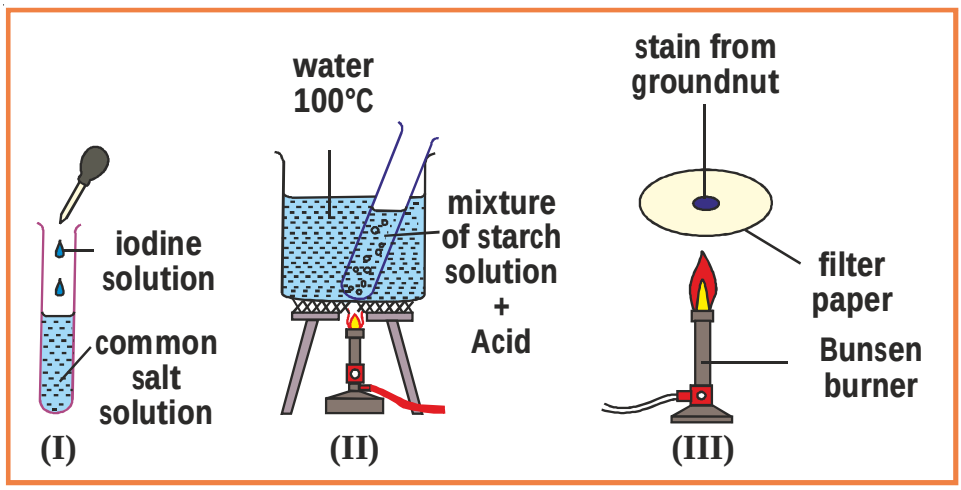
(e) **Draw a triangle around the food items rich in all nutrients or a complete food.**

(f) **Draw an oval around an instant source of energy.**

(g) **Suggest five healthy eating habits.**

Your solution here:

03 **Study experimental set ups - I, II and III and answer the following questions.**



(a) Read the tests I, II and III from column I. Note down respective observations in column II.

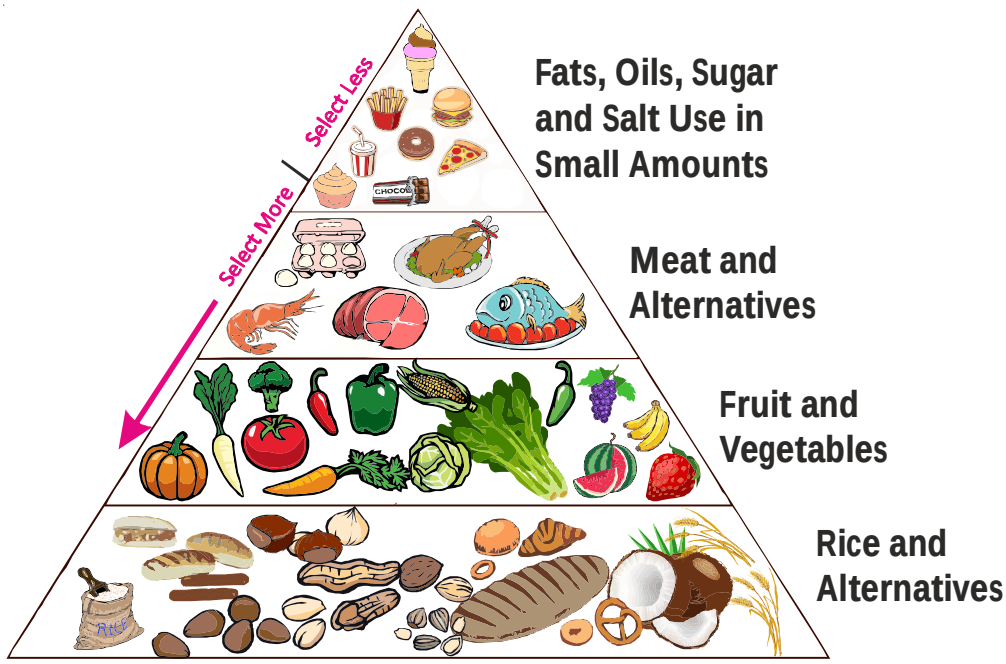
	TEST (Column - I)	OBSERVATIONS (Column - II)
(I)	In a test tube, iodine is added to the solution of common salt.	
(II)	A mixture of starch and acid is allowed to stand for 5 minutes. It is boiled in a water bath for 15-20 minutes. Then, 2 drops of Benedicts reagent is added to the test tube.	
(III)	This paper is then dried on a flame.	

(b) What is the principle lying behind in an experimental set up 'II' shown ?

(c) What would be your observation in experimental set up - I, if you add iodine to a boiled potato instead of adding it to common salt ?

Your solution here:

04 **In the given picture "Food Pyramid" is shown in detail. Analysing the facts given, answer the given below questions.**



(a) Name the nutrients present in the food group shown at the bottom level of the food pyramid ?

(b) Which vitamin is the main constituent in citrus fruit group ?

Your solution here:

05 **An information table of vitamins is shown below. Read the rows carefully to find odd one out. List all of them in their respective columns I and II.**

	Vitamins	Column - I Category	Column - II Odd one
(P)	Retinol, Thiamine, Tocopherol, Phylloquinone		
(Q)	Ascorbic acid, Niacin, Calciferol, riboflavin		

Your solution here: