

# WORKSHEET 2

## CHAPTER 9 – NUTRITION

### A. Name the following.

1. Amount of heat required to raise the temperature of 1 gram of water by 1 °C.
2. A condition in which one or more nutrients are lacking from the diet.
3. A diet which contains all the nutrients in required proportion with water and roughage.
4. A complex carbohydrate obtained from plants which cannot be digested in human body.
5. A blood protein which protects the body from foreign substances.

### B. Give reasons.

1. Cellulose is not digested in human body.
2. Roughage lacks nutrients still it forms an important part of our diet.
3. People living in hilly area have swollen neck.
4. Citrus foods should be consumed during illness.
5. It is important take iron pills during pregnancy.

### C. Fill in the blanks.

1. Maltose consists of two \_\_\_\_\_ molecules.
2. Vitamin C deficiency causes \_\_\_\_\_
3. Intake of sufficient quantity of vitamin B<sub>3</sub> prevents \_\_\_\_\_
4. \_\_\_\_\_ is another name for Vitamin B<sub>2</sub>.
5. \_\_\_\_\_ can be produced by the skin on exposure to sunlight.

### D. Choose the correct option.

1. 1 molecule of glucose releases \_\_\_\_\_ energy on oxidation during cellular respiration.  
a. 9.45 kcal                      b. 686 kcal                      c. 4.2 kcal                      d. 8 kcal
2. \_\_\_\_\_ is a disaccharide.  
a. Glucose                      b. Fructose                      c. Maltose                      d. Starch
3. Mineral required for formation of haemoglobin is \_\_\_\_\_  
a. iron.                      b. iodine.                      c. calcium.                      d. sodium.
4. Deficiency of vitamin B<sub>1</sub> causes  
a. rickets.                      b. pernicious anaemia.                      c. pellagra.                      d. beriberi.
5. Vitamin E is also known as \_\_\_\_\_  
a. tocopherol.                      b. calciferol.                      c. retinol.                      d. phyloquinone.

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Date: .....

**E. Complete the following table.**

<b>Vitamin/Mineral</b>	<b>Source</b>	<b>Deficiency</b>
1. _____	2. _____	Delayed blood clotting
Cobalt	3. _____	4. _____
5. _____	6. _____	Xerophthalmia
Cyanocobalamin	7. _____	8. _____
9. _____	10. _____	Pellagra

# ANSWERS

## WORKSHEET 2

### A. Name the following.

1. Calorie
2. Malnutrition
3. Balanced diet
4. Cellulose
5. Antibody

### B. Give reasons.

1. Human digestive system lack cellulose digesting enzymes, hence, cellulose cannot be digested in human body.
2. Roughage is rich in indigestible plant carbohydrate, cellulose. It stimulates the muscle contraction of intestinal walls and hence helps in digestion and proper bowel movement. It adds bulk to food, and thereby prevents constipation.
3. People living in hilly area have iodine deficiency in their diet. Iodine is an important element of thyroxine hormone. Lack of thyroxine hormone results in enlargement of thyroid gland, a condition called goitre.
4. Citrus foods are rich source of vitamin C which strengthens the immune system and helps to fight disease. Hence, it is advised to consume vitamin C during illness.
5. Iron is essential for making haemoglobin that carries oxygen to other cells. During pregnancy, the amount of blood increases in the body to provide nutrition and oxygen to growing baby through placenta. So extra iron is needed to make more haemoglobin. In case of iron deficiency during pregnancy, it can be associated with preterm delivery, low birth weight and infant mortality.

### C. Fill in the blanks.

1. glucose
2. scurvy
3. pellagra
4. Riboflavin
5. Calciferol (Vit. D)

### D. Choose the correct option.

1. b.
2. c.
3. a.
4. d.
5. a.

### E. Complete the following table.

- |              |                           |
|--------------|---------------------------|
| 1. Vitamin K | 2. Green leafy vegetables |
| 3. Red meat  | 4. Pernicious anaemia     |
| 5. Vitamin A | 6. Carrot                 |
| 7. Egg       | 8. Pernicious Anaemia     |
| 9. Niacin    | 10. Peanuts               |