



Grade 7

Science

Unit : 17 Nutrients in Food

Underline the most suitable answer

1. Rice contain mainly
i. Lipids ii. Minerals iii. Protein iv. Carbohydrates
2. Cod Liver oil is having
i. Vitamin A and Vitamin D ii. Vitamin E and Vitamin K
iii. Vitamin C and Vitamin A iv. Vitamin B and Vitamin K
3. The function of Sodium is,
i. Maintain strong muscles ii. Transmission of nerve impulse
iii. Synthesis of the hormone thyroxine iv. Formation of haemoglobin
4. This is not a food rich in fibre
i. Mango ii. Luffa iii. Dhal iv. Kohila
5. The deficiency disease that shows in the diagram results due to lack of vitamin
i. A ii. C iii. K iv. D
6. Biureta test is used to identify
i. Protein in the food ii. Carbohydrates in the food
iii. Lipids in the food iv. Vitamins in the food
7. The function of vitamin K is,
i. Improve vision ii. Reduce lethargy
iii. Prevent decaying of teeth iv. Maintain cell division
8. Gingerly is rich in,
i. Lipids ii. Protein iii. Vitamins iv. Carbohydrates
9. This is not an unfavourable condition due to lack of balanced of diet,
i. Become weak and lethargic ii. Development of memory power
iii. Suffering from deficiency diseases iv. The body doesn't show adequate growth
10. Sprats are rich in
i. Sodium ii. Iron iii. Calcium iv. Iodine

Answer all questions.

2. Amila took his lunch with following food

Coconut sambol

Dhal curry

Rice

Fish curry

Desert – Fruit Salad

- i. Name the nutrients in the above diet.
- ii. To become balance diet, which category is missing in the above mentioned diet?
- iii. a) What is the main nutrient that contain in the dhal curry?
b) Briefly explain the way of identify that nutrient

3 i. a) What are the two types of lipids?

b) Briefly explain about them.

ii a) Briefly explain the way of identify glucose in a food.

b) Write the colour change that occur during the experiment.

4 i. Write three functions of water that affect for our healthy body.

ii. State 2 advantages of having food rich in fibre

iii. Name 4 non-infectious diseases

iv. Name 2 food sources that contain following vitamins

a) Vitamin A

b) Vitamin B

c) Vitamin K