

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Components of Food

**Answer the following:**

1. How can we test presence of fat in food item?

Ans. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. How diseases are caused?

Ans. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. Write the steps to test the presence of protein in a food item.

Ans. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. What is a balanced diet? Is it same for everyone?

Ans. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Components of Food

### **Answer the following:**

1. How can we test presence of fat in food item?

Ans. Rub a small quantity of food item on a piece of white paper. Oily patch on the piece of white paper indicates that the food items contain fat.

2. How diseases are caused?

Ans. Main causes of diseases are:-

- i. germs
- ii. lack of specific nutrients in the diet
- iii. contact with the sick person

3. Write the steps to test the presence of protein in a food item.

Ans. Steps are:

- i. Make a paste or powder of the food item to be tested.
- ii. Put some of these in test tube and add 10 drops of water to it. Shake the test tube.
- iii. Add 2 drops of solution of copper sulphate and 10 drops of solution of caustic soda to the test tube.
- iv. Shake the test tube and observe the color. A violet color indicates presence of proteins in the food item.

4. What is a balanced diet? Is it same for everyone?

Ans. A balanced diet is a diet that consists of variety of different types of food which provides all the nutrients in adequate amount for the proper functioning of the body. Balanced diet is not same for everyone as it depends on age, gender and occupation of a person.