



# Science

Grade 7





**NUTRIENTS IN FOOD**

Write answers to the following questions by referring page 88 to 101 in second part of the text book.

**Content- Types of nutrients, identification of nutrients and deficiency diseases.**

01. Name the five main nutrients present in the food taken by us.

.....  
.....

02. Write one function perform by each nutrient in our body.

.....  
.....  
.....

03. Write the nutrients present in following food items

- |                    |                         |
|--------------------|-------------------------|
| (i) Jaggery .....  | (ii) Meat .....         |
| (iii)Rice .....    | (iv) Green Leaves ..... |
| (v) Curd .....     | (vi) Sprats .....       |
| (vii)Gingerly..... | (viii) Papaw .....      |
| (ix)Eggs .....     | (x) Carrot .....        |

04. “Gotukola” is a food rich with fibre. Write two other food items that contain fibre .

.....

05. Write three reasons for the importance of having fibre in food.

.....  
.....  
.....

06. According to the opinion of doctors, a person should drink at least 5 liters of water per day. Write 3 (three) importances of water for our body.

.....  
.....



07. Write the series of colour change obtained when 2ml of glucose is heated in a water bath after adding 2ml of benedict's solution.

.....  
.....  
.....

08. What is the conclusion arrived by the colour appeared at last, in above series of colour changes?

.....  
.....  
.....

09. Write in briefly the experiment conducted to confirm the presence of starch in bread.

.....  
.....  
.....

10. Write a Simple experiment conducted to identify the nutrient present in coconut.

.....  
.....  
.....  
.....

### Part 11

01. (i) Write two chemicals used to identify the nutrient present in egg white.

.....  
.....



(ii) What is the colour change obtained at the end of this experiment?

.....  
.....

(iii) What is the name given for above test?

.....

(iv) Write a plant food that can be taken by a person who do not eat eggs to obtain above nutrient.

.....

(v) People belong to which age group should take highest amount of above nutrient per day?

.....

(2.) (i) What is called balanced diet?

.....  
.....

(ii) Write 3 unfavorable conditions due to lack of balanced diet.

.....  
.....  
.....

(iii) Write a balanced diet suitable for breakfast.

.....  
.....

(iv) Lack of which nutrient in food causes following deficiency diseases?

- Scurvy (bleeding gums) - .....
- Bitos spot in eye - .....
- Goitre - .....



(vi) What are the unfavorable food habits that cause non -infectious disease?

.....

.....

.....