

Board – ICSE

Class – 9

Topic – Nutrition

1. Define the following terms:

- (a) Monosaccharides
- (b) Nutrition
- (c) Balanced diet
- (d) Malnutrition

2. Match the columns:

Vitamin	Deficiency Disease
Calciferol	Pellagra
Niacin	Scurvy
Cobalamine	Night blindness
Vitamin C	Rickets
Vitamin A	Pernicious anemia

- 3. What is the significance of roughage?
- 4. Describe several functions of water.
- 5. Give difference between Kwashiorkor and Marasmus.
- 6. Classify the following sugars into Mono, di and poly saccharide.

[Starch, glucose, maltose, sucrose, cellulose, fructose]

- 7. What are the needs of Nutrition?
- 8. What is a calorie? 1 Kcal contains how many calories?
- 9. What are the various functions of fat?
- 10. Where starch, cellulose and glycogen are found?

11. Complete the following table:

Mineral element	Deficiency Disease
Calcium	_____
_____	Muscular cramps
_____	Anaemia
Iodine	_____
_____	Pernicious Anaemia
Zinc	_____

- 12. What are two malnutrition diseases, give their symptoms
- 13. Enumerate the six classes of Nutrients.

14. What are the main functions of carbohydrates and proteins?
15. Name the deficiency disease for following vitamins:
- (a) Pyridoxine
 - (b) Folic acid
 - (c) Ascorbic acid
 - (d) Thiamine
 - (e) Tocopherol
16. Write the sources and functions of following minerals:
- (a) Potassium
 - (b) Fluorine
 - (c) Copper
 - (d) Potassium
 - (e) Phosphorous
17. Explain various roles and sources of roughage.
18. Name the simple sugar present in following carbs:
- (a) Sucrose
 - (b) Maltose
 - (c) Lactose
19. Give the energy value release from oxidation of 1 mole of glucose and fat.
20. Mark the odd one and name the other category to which they belong:
Xerophthalmia, Marasmus, Pellagra, scurvy, Riboflavin, Thiamine, folic acid, Iodine.