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1. Starch is a kind of

- (a) fat
- (b) carbohydrates**
- (c) protein
- (d) vitamin

2. Night blindness is caused due to the deficiency of

- (a) vitamin B
- (b) vitamin D
- (c) vitamin C
- (d) vitamin A**

3. Spongy and bleeding gums are symptoms of

- (a) scurvy**
- (b) rickets
- (c) night blindness
- (d) beriberi

4. One of the following items will show a positive starch test

- (a) egg
- (b) rice
- (c) wheat
- (d) potato**

5. The water-soluble vitamin in the following is

- (a) vitamin E
- (b) vitamin C**
- (c) vitamin K
- (d) vitamin E

6. Which one of the following disease occurs in babies due to the deficiency of proteins as well as carbohydrates in diet?

- (a) Goitre
- (b) Night blindness
- (c) Kwashiorkor
- (d) Marasmus**

7. Excess eating of fatty food makes a person.

- (a) obese**
- (b) goitre
- (c) fatty
- (d) marasmic

8. Fish is a rich source of

- (a) iodine**
- (b) phosphorus
- (c) potassium
- (d) iron

9. The undigestible material present in food is known as

- (a) vitamins
- (b) water
- (c) roughage**
- (d) proteins

10. Which of the following is not a vitamin

- (a) D
- (b) K
- (c) A
- (d) M**