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SET A



# INDIAN SCHOOL MUSCAT

## SECOND PERIODIC TEST

### HOME SCIENCE

CLASS: IX

Sub.Code: 086

Time Allotted: 50mts.

19.12.2022

Max .Marks: 20

**GENERAL INSTRUCTIONS:**

- (i) All questions are compulsory
- (ii) The question paper comprises three sections A,B and C
- (iii) Section A-question no. 1 to 5 -MCQ questions carry 1mark each.
- (iv) Section B-question no. 6 to 10 -contain questions carrying 1 mark each.
- (v) Section C-question no. 11 & 12 - short answer type questions carrying 2 marks each.
- (vi) Section C-question no. 13 &14 - long answer type questions carrying 3 marks each.

1.

**SECTION A: Choose the correct answer from the options given below**

1.	Our food is made up of chemical substances known as----- a) Nutrients b) Antibodies c) Matter d) tissue	1
2.	The energy obtained from food is measured in ----- a) Kilograms b) Calories c) Metres d) Newtons	1
3.	-----is the main nutrient responsible for the growth of the body a) Minerals b) Vitamins c) Proteins d) carbohydrates	1
4.	-----helps to maintain body temperature	2

	a) oil b) Water c) Kerosene d) All the above	
5.	The -----of a person depends on the kind and amount of food he eats.  a) Wealth b) Strength c) Position d) Health	2
<b>SECTION B:</b> Say whether the given statement is true or false		
6.	Many a time we use food as an expression of friendship and intimacy.	1
7.	Good food is a prerequisite for good health.	1
8.	Water is not helpful in digestion and absorption in the body.	1
9.	Vitamin C gives protection to our skin and prevent from scurvy.	2
10.	Deficiency of Iron causes goitre.	2
<b>SECTION C:</b> Answer the following:		
11.	Explain nutrition as Science	2
12.	Draw a neat labeled diagram showing the interrelationship between food and health	2
13.	a) Define nutrition b) Mention the three functions of food	3
14.	a) Define balanced diet b) Mention the five nutrients required for maintaining a healthy body.	3