Q.1. Answer the following in 2-3 lines:
   (a) Health  (b) Scurvy
   (c) Calorie  (d) Water soluble vitamins
   (e) Burn  (f) Nutrition
   (g) Balance diet  (h) Cellulose
   (i) Food groups  (j) Arsenic poisoning
   (k) Monosaccharide  (l) Amino acids
   (m) Kwashiorkor  (n) Food infection

   (14x2=28)

Q.2. Explain the following (any six):
   (a) Function of lipid in the human body
   (b) Night blindness
   (c) Three sink method of dishwashing
   (d) Pest control
   (e) Importance of personal hygiene
   (f) RDA
   (g) Sources of vitamin D

   (6x5=30)

Q.3. Answer the following (any four):
   (a) Classify carbohydrates. Give the function and sources of carbohydrates. What happens when our body has excess of carbohydrates?
   (b) Mention the golden rules of first aid and steps to treat cuts and wounds.
   (c) Briefly outline the various ways in which garbage can be disposed off.
   (d) Explain the function of food.
   (e) What are general guidelines for food storage? State temperature to store fish, poultry, eggs and milk.

   (4x7=28)
Q.4. Fill in the blanks:
(a) Lack of safety causes __________.
(b) Fibers are present in fruits and __________.
(c) Jaggery is a good source of ________.
(d) Water soluble vitamins are _________ and _________.
(e) Common table sugar is ____________.
(f) Prevention of Food Adulterants Act was laid in the year __________.
(g) 1 gm. of fat provides ___________ K cal.

(7x1=7)

Q.5. State True or False:
(a) Incineration is a method of garbage disposal.
(b) Rickets is caused due to deficiency of vitamin E.
(c) Fructose is also known as fruit sugar.
(d) Hands are infected after they are washed.
(e) Maltose is a monosaccharide.
(f) Food is a source of nutrient.
(g) RDA stands for __________.

(7x1=7)

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