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Q.1 Choose the best answer:

a) Vitamin E is important for

1. protecting cells
2. vital tissues protection
3. both a and b
4. development of bones

b) A disease Kwashiorkor is caused by deficiency of

1. vitamins
2. proteins
3. carbohydrates
4. fats

c) Digestive enzymes includes

1. lipase
2. proteases
3. carbohydrates
4. all of them

d) Compounds which are needed in very small amount but their deficiency lead to scurvy and rickets are

1. vitamins
2. proteins
3. carbohydrates
4. fats

e) Energy which is stored in food that we eat is only released in cells of body by process of

1. respiration
2. digestion
3. excretion
4. elimination

f) Main suppliers for our body are

1. proteins
2. carbohydrates
3. fats
4. all of them

g) Complex carbohydrates which make up cell wall in plants are called

1. lactose
2. maltose
3. cellulose
4. sucrose

h)Maximum carbohydrates are obtained from

1. whole grain food
2. fatty fish
3. plant oil
4. nuts