



Name: _____ Class: 8 Section: _____ Date: _____

Q.1: Choose the best answer:

- i) The enzyme that breaks down fats into fatty acids and glycerol is _____.
- a) carbohydrase
 - b) lipase
 - c) protease
 - d) sucrase
- ii) A deficiency of vitamin C in the diet causes a disease called _____.
- a) Anaemia
 - b) Scurvy
 - c) Rickets
 - d) Goiter
- iii) Gastric juice contains _____.
- a) Sulphuric acid
 - b) Nitric acid
 - c) Hydrochloric acid
 - d) Carbonic acid
- iv) When we add some Biuret solution to a food containing protein, the solution will change from _____
- a) Light blue to green
 - b) Light blue to purple
 - c) Light blue to dark blue
 - d) Light blue to purple
- v) Milk is a rich source of the following nutrients except _____.
- a) iron
 - b) calcium
 - c) protein
 - d) carbohydrate

Q.2 Match the food problems to the damage they do in the body.

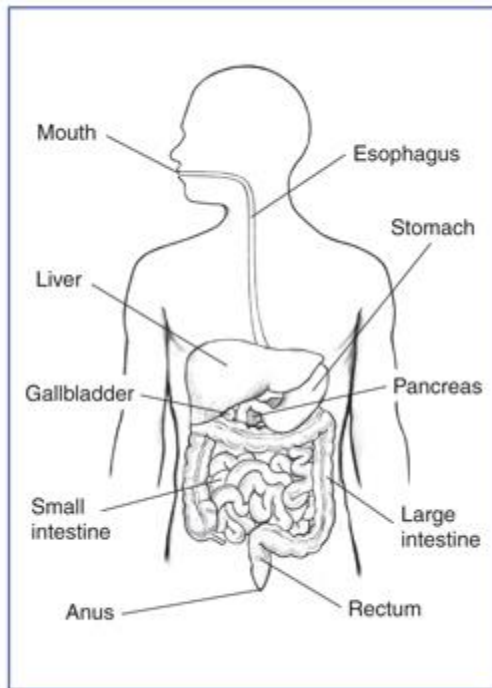
DIET PROBLEM	DAMAGE IN BODY
High fat and sugar diet	Can leads to obesity
High salt diet	Not enough vitamins to keep body fit
A diet with no fruits or vegetables	Can cause increase in blood pressure

Q.3 Write a sentence to explain the word 'digestion'.

Q.4 Explain why:

- a) Eating breakfast can actually help you to lose weight.
- b) Molecules need to be broken down before they get into the body.
- c) We need water in our diet .

Q.5 The diagram shows the human digestive system.



Which of the parts labeled above does each of these jobs?

- i) Absorbs water _____
- ii) Produces bile _____
- iii) Contains hydrochloric acid _____
- iv) Absorbs digested food _____