

The City School
North Nazimabad Boys Campus
Class 8 Quiz Paper
Science



Circle the right answer(s) from the given options in each question:

1. They supply our bodies with most of the energy that we need:
a) Proteins b) Fats c) Carbohydrates d) Vitamins
2. Vitamin C is needed for absorption of Iron and for healing of wounds. Which one of the following is enriched in Vitamin C.
a) Eggs b) Milk c) Oranges d) Yeast
3. _____ are needed by the body in tiny amount.
a) Water b) Carbohydrates c) Proteins d) Minerals
4. Goitre is a swelling of the thyroid gland in lower neck. It is a deficiency disease of
a) Vitamin D b) Protein c) Fats d) Iodine
5. Chemical digestion is the breakdown of large food molecules into smaller one and it is speed up the action of _____.
a) Water b) Hormones c) Fibre d) Enzymes
6. The muscular contractions by which food is moved through the alimentary canal is called
a) Digestion b) Peristalsis c) Excretion d) Defecation
7. It breaks down fats into simple units of fatty acids.
a) Lipase b) Proteases c) Carbohydrates d) Hydrochloric Acid
8. Water soluble vitamins include
i. B ii. D iii. K iv. A
9. One of the statement is not true for nutrients
i. They provide energy to do work.
ii. They provide substances that our body need.
iii. They can be obtained from only one source.
iv. Most types of food contain a mix of different nutrients.
10. Who needs more energy in given list.
a) Teenage body b) Very active boy c) Aged man d) Teenage girl