

**BAHRIA COLLEGE
ISLAMABAD**

**WORK SHEETS
GENERAL SCIENCE
CLASS VII**

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SECOND TERM SYLLABUS

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Unit no 19 # Food- Our source of energy

MCQs

Encircle the correct answer

1. Food provide us substances that our body needs for health and resisting _____.
a. Functions b. cells c. growth **d. diseases**
2. The energy stored in food can be measured in _____.
a. Newton b. coulombs **c. joules** d. volts.
3. Food is divided into _____ main classes.
a. **7** b. 8 c. 9 d.10
4. _____ are sugars and starches found in food.
a. **Carbohydrates** b. vitamins c. fats d. proteins
5. _____ like carbohydrates are compound containing carbon, hydrogen and oxygen.
a. Carbohydrates b. vitamins **c. fats** d. proteins
6. protein consist of long chains of _____.
a. amino acid b. hydrochloric acid c. nitric acid d. carbonic acid
7. deficiency in proteins result in a disease called
a. anemia b. fever **c. kwashiorkor** d. obesity
8. Too much _____ lead to high blood pressure.
a. calcium **b. sodium** c. nitrogen d. iron
9. fiber or roughage is made up of _____ which cannot be broken by our body.
a. cellulose b. protein c. fats d. carbohydrates
10. 1g of protein gives _____ of energy.
a. 20 kj b. 19kj c. 18 kj **d. 17 kj**
11. 1g of fats contain _____ of energy.
a. 39 kj b. 49 kj c. 59 kj d. 69 kj
12. 1g of proteins gives _____ of energy.
a. 17 kj b. 18kj c. 19 kj d. 20 kj

SECTION – B

Short Question – Answers

1. Name a few functions in our body that require energy.

Ans: Energy supports circulation, respiration, digestion, excretion and other functions performed by vital organs in our body.

2. Name a few activities which involve lots of energy.

Ans. They include watching television, washing clothes, heating and lighting the home, taking a shower, working from home on your laptop or computer, running appliances and cooking.

3. What type of vitamin should we take to avoid the common cold?

Ans. vitamin C can reduce the duration of a cold.

4. Name a few types of food which are necessary for the growth of young children.

Ans. a few types of food which are necessary for the growth of young children are given below:

- Vegetables
- fruit
- grain foods: **bread, pasta, noodles, breakfast cereals, couscous, rice, corn**
- reduced-fat dairy: Airy foods are **milk, cheese and yogurt**
- protein.: **meat, fish, chicken, eggs, beans, lentils, chickpeas, tofu and nuts.**

5. The energy stored in every 100 g of a beverage is 516 kcal or 2,159kj. How many kilocalories are there in one kilojoule?

Ans. One kilocalorie is equal to 4.184 kilojoules.

6. Into how many classes food can be divided?

Ans. Food can be divided into seven classes on the basis of different properties and functions.

7. What is balanced diet?

Ans. A diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health.

Section –c

Brain-storming Questions

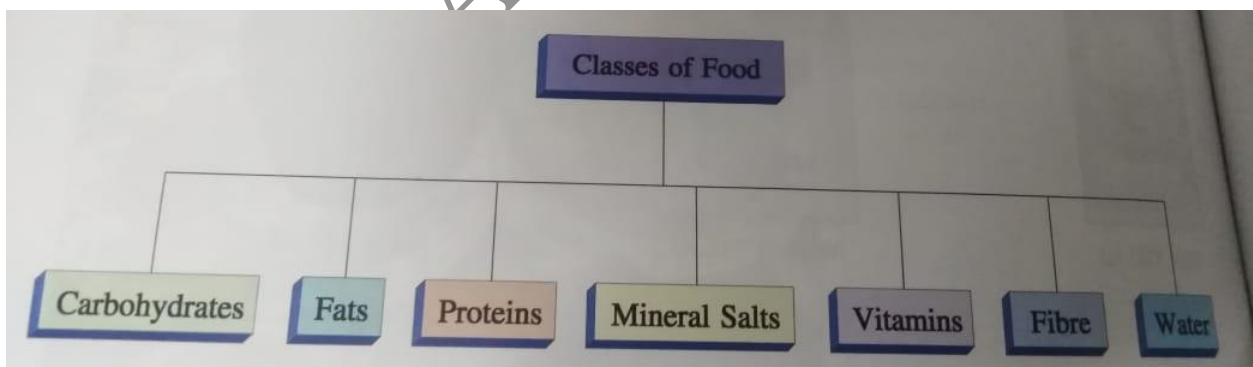
1. Write the functions and food sources of following minerals.

Minerals	Functions	Sources of food
Calcium	1. For making strong bones and teeth. 2. For clotting of blood. 3. For contracting muscles.	Milk, green vegetables, eggs.
Iron	For making hemoglobin, the red pigment in the red blood cells.	Liver, meat, eggs, green vegetable.
Iodine	For making the hormones of thyroid gland.	Sea food, green vegetables
Sodium	For regulating our body fluids.	Common salt

2. Write down the functions and deficiency problems of vitamins.

Vitamins	Functions	Deficiency problem
A	<ul style="list-style-type: none">• For keeping skin.• For normal vision.	Dry and scaly skin. Night blindness.
B	<ul style="list-style-type: none">• For changing carbohydrates into energy.• For proper functioning of the heart and nervous system.	Beri- beri , a disease affecting the nerves and muscles .
C	<ul style="list-style-type: none">• For healthy teeth and gums.• For absorption of iron by bones	scurvy
D	For growth and development of bones and teeth.	Rickets
E	For protecting cells against chemical injury.	Dry hair, heart diseases, muscular disorder
K	For clotting of blood	Bruises easily prolonged bleeding.

3. Draw flow chart for the main classes of food.



Best of luck