

# GK-6

## Chapter 11: Foods - Worksheet

### A. Multiple Choice Questions

**1. Which nutrient is the main source of energy?**

- a) Proteins
- b) Vitamins
- c) Carbohydrates
- d) Fats

**2. Plants make carbohydrates using energy from:**

- a) Moonlight
- b) Sunlight
- c) Air
- d) Soil

**3. Simple carbohydrates are:**

- a) Starch
- b) Glucose
- c) Cellulose
- d) Glycogen

**4. Fats contain how much energy compared to carbohydrates?**

- a) Same
- b) Twice
- c) Thrice
- d) Half

## **B. Fill in the Blanks**

1. \_\_\_\_\_ in your food is the main source of energy.
2. Plants make carbohydrates using energy from \_\_\_\_\_.
3. Simple carbohydrates such as glucose and fructose are \_\_\_\_\_.
4. Starch is an example of \_\_\_\_\_ carbohydrate.
5. An \_\_\_\_\_ needs 2,000 to 4,000 calories per day.
6. Fats contain \_\_\_\_\_ as much energy as carbohydrates.
7. Fats called \_\_\_\_\_ are stored around the body.
8. Fats called \_\_\_\_\_ help in building body cells.
9. Fat is needed for absorption of \_\_\_\_\_ vitamins.

## **C. Match the Following**

- |                         |                             |
|-------------------------|-----------------------------|
| A. Simple carbohydrates | 1. Stored as adipose tissue |
| B. Polysaccharides      | 2. Example: starch          |
| C. Triglycerides        | 3. Sweet and soluble        |
| D. Fat-soluble vitamins | 4. A, D, E, K               |

#### **D. True or False**

1. Carbohydrates contain carbon, hydrogen, and oxygen. (True/False)
2. All fats are harmful for the body. (True/False)
3. Vitamins A, D, E and K are fat-soluble vitamins. (True/False)
4. Glucose is a type of complex carbohydrate. (True/False)

#### **E. Short Answer Questions**

1. Why do we need carbohydrates?
2. What are simple carbohydrates? Give two examples.
3. Why are fats important for the body?
4. What are fat-soluble vitamins?
5. How do plants produce carbohydrates?