

Unit-2

Sports And Nutrition

1-Mark Questions-(Objective/Subjective)

- Balance diet consists of a high source of
a. Protein. b. Carbohydrate. c. Fats. d. all components of the diet.
- Macronutrients are
a. Carbohydrate. b. Proteins. c. Fats. d. all of the above.
- Deficiency of vitamin D causes
a. Scurvy b. Rickets c. Goitre d. Night blindness
- Sports diet before the competition has a high source of
a. Protein. b. Fats. c. Simple carbohydrates. d. Vitamins & minerals
- Pitfalls of dieting are.
a. Skipping meals b. Reducing energy food
c. Drinking lots of water. d. Taking food supplements.
- Defensive food consists of.
a. Proteins. b. Carbohydrates. c. Vitamins & minerals. d. all of the above.
- Roughage is..... food.
a. macronutrient b. micronutrient c. Non-nutritive d. nutritive
- Instant energy food consists of
a. Proteins b. simple carbohydrate. c. vitamins & minerals. d. fats
- Vitamin B2 is also known as.
a. Ascorbic acid b. riboflavin c. Thiamine d. Retinol
- Marasmus is caused by a deficiency of
a. fat. b. Carbohydrate c. Proteins d. Minerals
- Which of the following mineral is helpful for water balance in the body?
a. Calcium. b. Sodium. c. Potassium. d. Iron
- Important minerals required by the body are
a. Aluminium, Barium. b. Carbon, Mercury. c. iron, Potassium. d. All of these.
- Building blocks of body are.
a. Carbohydrates b. Proteins c. fats d. Vitamins
- Symptoms of food intolerance are
a. Vomiting & nausea. b. Pain in joints. c. Unable to digest. d. All of these.
- Glucose energy is stored mostly as...
a. Fat b. Glycogen c. Sucrose d. Fibre
- The largest mineral in the human body are
a. Iron b. Zinc c. Calcium d. Selenium
- Which group of fat increases the chances of heart diseases?
a. Saturated fat. b. Polyunsaturated fat. c. monounsaturated fat. d. none of these.
- Maximum Carbohydrates are obtained from
(a) Whole grain food. (b) Fish (c) Plant oil (d) Nuts

19. Sources of Proteins include
(a) Fish (b) Spinach (c) Potato (d) Cucumber
20. A balanced diet is complete when it will be—
(a) Complex Carbohydrates (b) According to the needs of the person
(c) Animal fat-rich (d) 4 to 5 litre water
21. Which food item has carbohydrates and fats
(a) Bread and butters (b) Rice and Pules (c) Potato and Tomato (d) Tomato and Almond
22. It is the example of macro Mineral.
(a) Phosphorus. (b) Copper. (c) iodine. (d) Iron.
23. In which category BMI comes in 30
(a) Obesity I. (b) Overweight. (c) Obesity II. (d) Heathy weight.
24. Disadvantages of Dieting
(a) No change in body weight (b) Over body weight
(c) Loss in body weight (d) Not achieving the required goal
25. Symptoms of headaches, vomiting, stomach pain. loose motion.
(a) Dieting. (b) Food intolerance. (c) Food myths. (d) Lack of vitamins.
26. Match the following
1. Food Intolerance (A) Loss in body weight
2. Food myths (B) Vomiting
3. Dieting (C) Healthy weight
4. B.M.I 24 (D) Do not drink water during meals
(a) 1D, 2A, 3B, 4C. (b) 1B, 2D, 3A, 4C. (c) 1B, 2A, 3D, 4C. (d) 1D, 2A, 3C, 4B.
27. Match the following
1. Protein (A) Teeth and blood related discuss
2. Water (B) Growth of skin, nails, hair, internal organs.
3. Colour compound (C) 60-70% Percent of human body
4. Dieting (D) Make food appealing
(a) 1B, 2C, 3D, 4A. (b) 1C, 2D, 3A, 4B. (c) 1D, 2A, 3C, 4B. (d) 1A, 2C, 3B, 4D.
28. 1. Dryness (A) Deficiency of calcium
2. Anaemia (B) Deficiency vitamin A
3. Decreased bone density (C) Lack of water during dieting
4. Night Blindness (D) Deficiency iron
(a) 1D, 2C, 3A, 4B. (b) 1C, 2D, 3A, 4B. (c) 1A, 2B, 3C, 4D. (d) 1D, 2C, 3B, 4B.

Give a one-word answer.

29. Why roughage essential to our body?
30. Write in brief about micronutrients.
31. Explain the importance of fluid intake during competition.
32. What do you mean by healthy weight?
33. What are the symptoms of food intolerance?
34. What is the importance of calcium for children?
35. Who discovered vitamin 'A'?
36. What is the other name of vitamin B2?

- 37.** Which mineral helps iron in the formation of haemoglobin?
- 38.** What is the name of that carbohydrate in which the ratio of a hydrogen atom to oxygen atoms is not 2:1?

3-Mark Questions-

- 39.** Enlist the forms of vitamin B and explain any one of them in brief.
- 40.** What is roughage? Explain in brief.
- 41.** Explain in brief, the importance of water.
- 42.** In sports such as Boxing and Wrestling, do players tend to lose weight sharply? Explain the pitfalls of dieting.
- 43.** Discuss any four pitfalls of dieting.
- 44.** What do you understand by food myths?

5-Mark Questions-

- 45.** What do you mean by macronutrients? Explain in brief about minerals as micro-nutrients in detail.
- 46.** What are the nutritive and non-nutritive components of diet? Explain.
- 47.** What do you mean by healthy weight? Discuss the methods to control healthy body weight for a lifetime.
- 48.** What do you mean by food intolerance? Explain the causes, symptoms & management of food intolerance in detail.
- 49.** What do you mean by vitamins? Discuss the fat-soluble and water-soluble vitamins in detail.
- 50.** Vitamins are essential for the normal working of the body and are divided into two groups. Explain about them.