

SCIENCE CLASS TEST

Full marks- 10

Date: 29.07.26

I. Choose the correct option (4 marks)

1. Rohan rarely steps out and stays indoors all day playing games in mobile phone. Recently, he began complaining of weak, soft bones and pain in his legs. Which nutrient is missing in his diet and routine?

- a) Vitamin A
- b) Iron
- c) Vitamin D
- d) Vitamin C

2. A canteen decides to replace plastic-wrapped imported chocolate bars with locally sourced, fresh bananas and apples. What is the primary benefit of this decision?

- a) Higher packaging waste and higher costs
- b) Lower food miles, reduced environmental impact, and better freshness
- c) Loss of nutritional value in local fruits
- d) Increased chemical preservatives in meals

3. Assertion (A): Children are advised to include milk, eggs/paneer/ and pulses in their daily diet.

Reason (R): Proteins are energy-giving foods required for growth and tissue repair.

- a) Both A and R are true, and R is the correct explanation of A.
- b) Both A and R are true, but R is not the correct explanation of A.
- c) A is true, but R is false.
- d) A is false, but R is true.

4. Match the column

Column I	Column II
P. Bone fracture repair & absorption	1. Vitamin A
Q. Inability to see clearly in low light	2. Dietary Fibre (Roughage)
R. Relief from chronic constipation	3. Calcium + Vitamin D
S. Goitre (Swelled neck region)	4. Iodine

Choose the correct option

- A)** P-3, Q-1, R-2, S-4
- B)** P-1, Q-3, R-4, S-2
- C)** P-3, Q-4, R-2, S-1
- D)** P-2, Q-1, R-3, S-4

II. Subjective Questions (6 marks)

1. Two individuals visit a clinic with nutritional deficiency symptoms:

- **Individual A** looks pale, gets tired very quickly, and complains of weakness. Tests show a low haemoglobin level.
- **Individual B** has swollen gums that bleed easily whenever they brush their teeth.

Identify the specific **nutrient deficiency** and the corresponding **disease** for both individuals. *(1 + 1 = 2 marks)*

2. During a laboratory activity, students add a few drops of copper sulphate solution and caustic soda to crushed boiled chickpea and to crushed boiled rice. *(1+1)*

a. Which food item will turn violet/purple

b. What nutrient does this test confirm?

3. Aarav skips eating fresh fruits, green vegetables, and whole grains, preferring to live on processed white bread and noodles. He frequently suffers from severe constipation and stomach discomfort. *(1+1)*

a. What key component is missing from Aarav's diet?

b. How does this missing component assist the human digestive system?