



CLASS IX
HOME SCIENCE
CHAPTER 2
UNIT VII
SOME COMMON FOOD STUFFS AND THEIR USES

SOLUTIONS

TEXT BOOK QUESTIONS AND ANSWERS

Q1. Name some locally grown roots and tubers.

Ans: Potato, sweet potato, yam, radish, carrot, onion, tapioca, etc.

Q2. What indicates the richness of vitamin A among leafy vegetables?

Ans: The intensity of the green colour is an indirect indicator of vitamin A value of the leaves. The dark green leafy vegetables are a rich source of **β -carotene, which is a precursor of vitamin A.**

Q3. Write the composition of cow's milk.

Ans: The major components of milk are water, protein, fats, the sugar lactose and minerals. The main proteins in milk are casein and lactalbumin. Milk fat contains some volatile fatty acids. These are released when butter turns rancid. Lactose is the sugar present in milk. Milk is an excellent source of calcium and phosphorus.

Q4. Indicate the nutritive value of pulses.

Ans: Pulses contain 17-24g protein, 5-12mg iron, 55-200mg calcium present. Thiamine contain is fairly high, being 0.5-1mg percent while riboflavin is low and varies from 0.1-0.3 mg percent, niacin contain is approximately 2mg percent. When pulses are germinated there is an increase in concentration of B group vitamins. In addition, vitamin C is also produced in the process of germination of pulses.

Q5. Name the purposes for which atta and maida are used.

Ans: *Atta* (whole wheat flour) is used in the preparation of *rotis* (*chapatti*, *puri*, *paratha*), *samosas* etc. whereas *maida* (refined flour) is used for making breads, cakes, *momos* etc.



Q6. How do we get Jaggery?

Ans: It is prepared by concentrating sugarcane juice. It is not refined and has a light to dark brown colour due to impurities present. It contains about 96 percent sugar, about 2 percent moisture and traces of minerals and proteins. The presences of other substances impart a characteristic rich flavour to jaggery. The presence of salt is noted by the slightly saltish taste. This saltiness comes from the sugarcane juice where it is absorbed from the soil.

Q7. What roles do spices play in food preparation?

Ans: Spices provide taste and flavour to our diet, their aroma and taste are due to the essential oils they contain. They also contain minerals and some of them contain carotene and riboflavin also. Since small amounts are used in food preparation, the nutrients contribution is negligible.

Q8. For what purpose/purposes the following nuts and seeds are used - groundnut, coconut and mustard seed.

Ans: **Groundnut-** It is used for variety of purposes. They are ground and made into peanut butter. It is also used as eatables-roasted fried, mixed with jaggery and with other food items.

Coconut- It is used for seasoning foods and fried products especially in South India. Fresh coconut may be eaten raw or used as ingredient for preparing kheer etc. Dried one is also used as a nut and as part of prepared food products.

Mustard oil- It is used for seasoning vegetables, *dals*, meat, fish, etc. especially in North India.

Q9. Name the processed products of milk?

Ans: Dehydrated milk products include whole milk powder, skimmed milk powder, infant milk food and malted milk. Indian standards require that the moisture contain of the dried milk be less than 4 percent. Therefore dehydrated milk is concentrated source of protein, calcium, riboflavin and other nutrients.



Curds (yoghurt)- Curd is a food produced by bacterial fermentation of milk. It ranks second to milk in extent of consumption. The optimum temperature and time needed of the formation of curd is 35-40°C and 8-12 hrs respectively. The riboflavin and thiamine content increases during curd formation.

Paneer- It is prepared by addition of lemon juice or citric acid to hot milk and precipitating out the casein. The liquid residue in the process is known as whey and contains most of the soluble nutrients from milk. *Paneer* contains about 18 percent of protein.

Cheese- The milk is subjected to several process steps to produce cheese. Cheese contains about 24 percent protein and is thus a concentrated source of protein.

Butter milk- Butter milk is made by adding water to curd and churning to remove fat in the form of butter. The energy value is thus reduced due to removal of fat. The concentration of other nutrients is reduced in proportion to the dilution.

EXTRA QUESTIONS & ANSWERS

Q1. Dals and pulses are rich sources of which type of vitamin?

- (A) Vitamin A (B) Vitamin B
(C) Vitamin C (D) Vitamin D

Ans: (B) Vitamin B

Q2. The roots and tubers provide.....percent of protein.

- (A) 0.5 to 1.0 (B) 1.0 to 1.5
(C) 1.5 to 2.7 (D) 1.2 to 3.0

Ans: (D) 1.2 to 3.0

Q3. Gingelly seeds provide..... proteins andfat.

- (A) 1-8% and 43% (B) 2-4% and 25%
(C) 1-5% and 37% (D) 2-7% and 33%

Ans: (A) 1-8% and 43%.



Q4. Refined flour is also known as

(A) Maida (B) Suji (C) Dalia (D) Macaroni

Ans: (A) Maida

Q5. Name two toxic substances that are naturally present in pulses.

Ans: Trypsin inhibitors and haemagglutinins are the two toxic substances that are naturally present in pulses.

Q6. What is the optimum temperature for the formation of curd?

Ans: The optimum temperature for the formation of curd is 35-40 ° C.

Q7. Name the sugar present in milk.

Ans: Lactose

Q8. What component in spices is responsible for imparting taste and flavor to the diet?

Ans: Taste and flavor are due to essential oils present in it. Small amounts of spices are used in food preparation; the nutrient contributed by them is negligible.

Q9. Which nutrients are provided by vegetables and fruits?

Ans: Vegetables and fruits contain low carbohydrate and protein, negligible amount of fat but rich in vitamins and minerals in varying degrees. So these are also called protective foods.

Q10. Why do we use spices and condiments for seasoning?

Ans: To impart flavour and aroma to foods.

Q11. Why do we germinate chana dal?

Ans: We germinate *chana dal* because there is an increase in the concentration of B group of vitamins and vitamin C is also produced in this process.



Q12. Name the two pigments present in green leafy vegetables.

Ans: Chlorophyll and carotene.

Q13. Differentiate dal from pulses.

Ans: Dal is decorticated, split product obtained from pulses.

Q14. How is butter-milk made?

Ans: Butter-milk is made by adding water to curd and churning to remove fat in the form of butter.

