Classroom Based Assessment - 1 (2022-23)

UDISE Code: _____	Class-Subject: 7-Science
Child ID: _____	No. of Questions: 19
Child Name: _____	Duration: 60 minutes

Section A: Multiple Choice Questions - Each question has 4 options out of which ONLY ONE option is correct. (15 x 1M = 15M)

1 We are advised to include pulses, eggs, and milk in our diet. All of these are rich in _____.

A minerals

B proteins

C carbohydrates

D vitamins

2 Water does not contain carbohydrates, fats, or proteins which are essential components of food. Then why do we drink water?

A Water absorbs fats and converts it to energy.

B Water is actually a form of energy for the body.

C Water is the medium in which body processes happen.

D Water is converted to vitamins during digestion and absorbed.

3 Which of these components of food helps in the removal of undigested food from the body?

A fats

B proteins

C vitamins

D dietary fibres

4 Which of the following nutrients is a source of energy?

A water

B vitamins

C minerals

D carbohydrates

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5 A substance present in food that is used by the body to support normal growth, maintenance, and repair is called a nutrient. Is water a nutrient?

A Yes, because it is one of the sources of energy.

B No, because it is not present in all the food items.

C Yes, because it is essential to keep the body in good health.

D No, because it is thrown out of our body along with the waste.

6 - I am one of the major nutrients in food.
- Compared to other major nutrients, I am required in small amounts.
- However, if I am not taken in adequate amounts, it can result in a disease.

Who am I?

A fat

B protein

C mineral

D carbohydrate

7 Which of these is an important function of calcium in our body?

A maintenance of healthy bones

B maintenance of good eyesight

C it helps the body to heal faster

D it helps the body to fight against germs

8 Which of the following should be eaten in plenty if ONLY protein is needed from that food item?

A Cheese

B Soya beans

C Corn flour

D Cashew nuts

9 Shikha, 12 yrs old, loved fruits and was wondering what would happen if she ate only fruits for a week. She chatted with her father, a dietician, who explained the reasons why it would NOT be a good idea. Which is the most important reason he must have given?

A You are a growing child; your body will not get enough proteins.

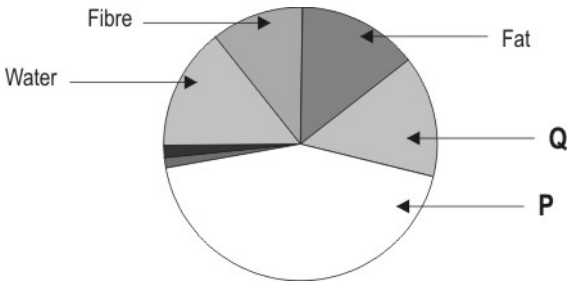
B This is the middle of summer and your body will not get the water it needs.

C You may fall ill easily because your body will not get enough vitamins and minerals.

D Your body will have problems getting rid of the undigested food because you will not get enough fibre.

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10 The pie-chart shown represents a balanced diet. Some elements are marked.



Letters P and Q respectively represent _____.

A carbohydrates and proteins

B carbohydrates and vitamins

C proteins and minerals

D proteins and vitamins

11 In a class during an activity, a student cut a piece of potato and kept it in a plate.

He then put 3 drops of Iodine mixture over it.

He saw that the colour of potato changed to black and blue.

What does this activity indicate?

A Potato contains starch

B Potato contains a lot of fat

C Potato contains a high level of vitamins

D Potato is a source of protein

12 Abdul has recently been asked to manage the Mid-Day meal program in 2 villages of Belgaum District. It is brought to his attention that the district suffers from high level of Goiter. What are the foods you will suggest Abdul to include in the Mid-day program for kids?

A Food that are rich in Potassium

B Foods that are rich in Vitamin A

C Foods that are rich in Iodine

D Foods that are rich in Vitamin B

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13 Rub some water on a small spot on the newspaper and allow it to dry. On another small spot on the same newspaper rub some butter. The water spot dries without leaving any mark there but the butter leaves a mark on that spot. Which of these foodstuffs would have a similar effect as butter?

A cabbage leaf

B cucumber piece

C onion piece

D coconut piece

14 The list below gives the items that Sam decided to have for his dinner.

- Beans and spinach (palak) curry
- Salad with raw fruits and vegetables like carrot and beetroot
- Curd
- Sprouted moong dal

From the food items given below, what should Sam add to have a balanced diet for his dinner?

A Chapati

B Butter milk

C Onion pakoda

D Cauliflower curry

Some tests were conducted to get information about the nutritional content of different food items. A table is given below that has the results of the test.

Answer the following question based on it.

Name of the food item	Test for starch	Test for proteins	Test for fats
Potatoes	Yes	No	No
Pulses	No	Yes	No
Butter	No	No	Yes
Water	No	No	No
X	No	Yes	Yes

15 Which of the following could most likely be 'X'?

A leafy vegetables

B cheese

C rice

D beans

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Section B: Answer the following questions in your answer sheets. (3 x 1M = 3M)

16 Name the main nutrient needed in the diet for:
(a) providing adequate energy to an athlete
(b) quick healing of a badly wounded soldier

17 Sonam was reading aloud at home. Her mother heard her read, "Vitamins help in building immunity against a lot of diseases."

State whether this is TRUE or FALSE.

18 Fill in the blanks with appropriate words from the list given below:

(iodine, roughage, balanced diet, calcium)

(i) Milk is rich in proteins and _____.
(ii) Dietary fibres are also called _____.

Section C: Answer the following questions in your answer sheets. (1 x 2M = 2M)

19 Payal's mother told her that she should drink a lot of water every day to remain healthy.

(a) State one function of water in our diet.
(b) Mention any two ways in which our body gets the water it needs.

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Class	Subject	
7	General Science	
Question	Subject	Answer Key
1	General Science	B
2	General Science	C
3	General Science	D
4	General Science	D
5	General Science	C
6	General Science	C
7	General Science	A
8	General Science	B
9	General Science	A
10	General Science	A
11	General Science	A
12	General Science	C
13	General Science	D
14	General Science	A
15	General Science	B
16	General Science	Award 1 mark if they answer both a) carbohydrates; (b) proteins correctly Award 0.5 marks if they answer only one of the questions correctly Any other response 0
17	General Science	Award 1 mark if they answer True Any other irrelevant/incomplete response 0
18	General Science	Award total 1 mark: 0.5 marks for each correct answer: (i) calcium (ii) roughage Award 0.5 if they answer only one of the options correctly Award 0.25 if one grammatical error in case of sentences/spelling error Any other irrelevant or incomplete response 0
19	General Science	If they respond correctly to (a): 1 mark for any one of the following: - Water helps the body to absorb nutrients from food. - Water helps in throwing out wastes from the body. , (b): 1mark - 0.5 marks each for any two correct ways such as: - the liquids we drink like milk, water, tea - vegetables we eat - fruits we eat - water used in cooking If they respond correctly to only (a) and write only 1 response to (b) then 1.5 mark If they respond correctly only to (a) or (b) then 1 mark 21 If they respond with only 1 correct response for (b) and wrongly to (a) then 0.5 marks Any other irrelevant or incomplete response 0

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