



## Assertion & Reason Type

**Directions :** In the following questions, a statement of assertion is followed by a statement of reason. Mark the correct choice as :

- (a) *If both assertion and reason are true and reason is the correct explanation of assertion.*
- (b) *If both assertion and reason are true but reason is not the correct explanation of assertion.*
- (c) *If assertion is true but reason is false.*
- (d) *If both assertion and reason are false.*

1. **Assertion :** An 11-years old child has more requirement of proteins per kilogram body weight than a 24-years old adult.

**Reason :** Children have growing bodies and hence, require more proteins per kilogram body weight for the proper growth and development of the body.

2. **Assertion :** Vitamins are a group of nutrients that are required by our body in small quantities.

**Reason :** Anaemia, goitre and marasmus are the diseases caused by deficiency of vitamins.

3. **Assertion :** Milk, fruits, vegetables and juices are good sources of water.

**Reason :** Water helps to regulate our body temperature.

4. **Assertion :** Fats should be eaten in excess amounts by children to maintain a healthy body.

**Reason :** Fats are obtained from animal sources only.

5. **Assertion :** Meat, fish, eggs and milk are the animal sources of proteins.

**Reason :** Pulses, soybeans, grams and nuts are the plant sources of proteins.

6. **Assertion :** Lack of roughage in diet makes the stool hard and difficult to pass.

**Reason :** Roughage adds bulk to food and helps to get rid of undigested food.

7. **Assertion :** Balanced diet is the one that contains the proper amount of each nutrient.

**Reason :** Balanced diet remains fixed for every person whether a child or an adult or a patient.

**8. Assertion** : Foods rich in vitamins and minerals are called protective foods.

**Reason** : Foods rich in vitamins and minerals help to protect our body against diseases.

**9. Assertion** : Food should be cooked in just enough water.

**Reason** : Cooking in too much water and then throwing the extra water away makes food lose its nutrients.

**10. Assertion** : Rickets in children is caused by the deficiency of vitamin C.

**Reason** : Vitamin C is present in cod liver oil.