INDIAN SCHOOL NIZWA - WORKSHEET

SCIENCE

CH:2 COMPONENTS OF FOOD Class: VI

Answer the following

I **Choose the correct answer and tick it.**

1 Butter & ghee are the major source of

a) Proteins b) fats c) carbohydrates

2. Vitamins & minerals are called as

a) Protective nutrients b) Body building nutrients c) Energy giving foods

3. An oily patch on paper shows that the food item contains

a) fats b) vitamins c) minerals

4. Vitamin which helps to use calcium for teeth and bones is

a) iodine b) iron c) calcium

5. Excess eating of fat in the food causes

Malnutrition b) Obesity c) Deficiency disease

II Fill in the blanks

6. Iodine solution turns starch _____.

7. A person suffering from _____ tires easily and becomes pale.

8. The main carbohydrates found in our food are in the form of_____ and _____

9. Diseases that occur due to lack of nutrients over a long time are called_____.

10. The vitamin that is destroyed during heating is ----------

III Answer the following.

1. What is the role of water in our body?

2. Name two components of food that do not provide any nutrients.

3. Find out the possible deficiency disease from the symptoms given

   1. Weak muscles and very little energy to work:_____
   2. Bleeding gums : _____
   3. Glands in the neck appear swollen :_____
   4. Bones become soft and bend: _____

4. List out some of the improper methods of cooking which results in the loss of nutrients