



SCIENCE CH: 1 COMPONENTS OF FOOD

Name: _____

Class VI Sec: _____

I Name the following;

- Two fruits rich in vitamin C
- Two sources of proteins
- Mineral found in blood
- Two sources of Vitamin A
- Two minerals essential for bones

II Fill in the blanks

- The nutrient which helps in growth and repairing of damaged body cells is _____
- Excessive intake of foods rich in fats causes _____
- A person who lacks _____ will have anemia
- Kwashiorkor is caused due to the deficiency of _____
- Sunlight helps in the production of _____ in our body.

III Match the following

A	B
Cheese, milk	Cellulose, sugar
Rickets	Regulates body temperature
Carbohydrates	Protein from animal sources
Water	Soft and bent bones

IV Choose the correct answer

- The vitamin which exists in groups
a) Vitamin A b) vitamin B c) Vitamin C
- Vitamins and minerals are known as
a) Protective nutrients b) Body building nutrients c) Energy giving foods
- Which of the following gives blue black colour with iodine?
a) Proteins b) Fats c) Starch
- Roughage helps in
a) Providing energy b) movement of bowel c) building and repair of body parts

V Identify the nutrients in the following food items

a)-----



b) -----

VI Suggest a diet for the person suffering from the deficiency disease shown in the picture

a)



b)


