INDIAN SCHOOL NIZWA - WORKSHEET

SCIENCE

CH: 2 COMPONENTS OF FOOD Class: VI

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

1 Excess eating of fat in the food causes

a) Malnutrition b) Obesity c) Deficiency disease

2. Carbohydrates and fats 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. Rickets is caused due to the deficiency of

a) vitamin B b) vitamin C c) vitamin D

5. Butter & ghee are the major source of

a) Proteins b) fats c) carbohydrates

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**

11. Mention two components of food that do not provide nutrients.

_____

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

_____

_____

_____

13. 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: _____

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

_____

_____

_____

_____