

# Doon Public School- Bhuj

## Worksheet

**Class: VI**

**Sub: Science**

**Chapter 2: Components of food**

### **A. MCQS**

1. Which of the following food item does not provide Dietary fibre?
  - a) Whole grains
  - b) Whole pulses
  - c) Fruits and Vegetables
  - d) Milk
2. Which of the following nutrients is not present in milk?
  - a) Proteins
  - b) Vitamin c
  - c) Vitamin d
  - d) Calcium
3. Which of the following is considered to be body building food?
  - a) Carbohydrates
  - b) Proteins
  - c) Fats
  - d) Vitamins
4. Which of the following is produced in our body when the skin is exposed to sunlight?
  - a) Vitamin D
  - b) Vitamin C
  - c) Vitamin B
  - d) Vitamin A
5. Which of the following food is good source of both calcium and phosphorus
  - a) Fish
  - b) Carrot
  - c) Milk
  - d) Oranges
6. Which of the following minerals is necessary for formation of blood in body?
  - a) Iodine
  - b) Phosphorus
  - c) Potassium
  - d) Iron
7. Which of the following disease occurs in babies due to the deficiency of proteins as well as carbohydrates in their diets?
  - a) Night blindness
  - b) Goitre
  - c) Kwashiorkor
  - d) Marasmus



6. Excessive intake of food is called \_\_\_\_\_.
7. Rice and potato are rich in \_\_\_\_\_.
8. Deficiency disease of bleeding gums is called \_\_\_\_\_.
9. Carbohydrates and fats are \_\_\_\_\_ compounds.
10. The component of food that does not provide any nutrition but yet is essential in our food is \_\_\_\_\_.
11. Eating too much of junk food may lead to a condition called \_\_\_\_\_.
12. \_\_\_\_\_ is the term given to the useful components of food.
13. Green leafy vegetables, liver and egg are rich in \_\_\_\_\_ mineral.
14. The red pigment present in the red blood cells is called \_\_\_\_\_.
15. The swollen neck condition is called \_\_\_\_\_.

### C. Very short answers

1. Which vitamin needs sunlight for its preparation?

\_\_\_\_\_.

2. Name two complex carbohydrates.

\_\_\_\_\_      \_\_\_\_\_

3. List any two main functions of roughage in our diet.

\_\_\_\_\_  
\_\_\_\_\_

4. Name the nutrient which is needed for the growth and repair of our body.

\_\_\_\_\_.

5. Name the major nutrients in our food.

\_\_\_\_\_                      \_\_\_\_\_                      \_\_\_\_\_  
\_\_\_\_\_                      \_\_\_\_\_                      \_\_\_\_\_  
\_\_\_\_\_

6. Name two food materials that contain lots of water.

\_\_\_\_\_                      \_\_\_\_\_

7. List main sources of iodine mineral in food to keep our body healthy.

\_\_\_\_\_                      \_\_\_\_\_                      \_\_\_\_\_

8. Why does a labour need more carbohydrates in the diet than normal?

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9. Which are the vitamins that help in blood clotting and to keep our body and skin healthy respectively?

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10. What is the cause of the deficiency disease called Marasmus?

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## Answer Key

### **A. MCQ'S**

1. D
2. B
3. B
4. A
5. C
6. D
7. D
8. C
9. D
10. B
11. B
12. D
13. A
14. D
15. A

### **B. Fill ups**

1. Anaemia
2. Balance
3. Iodine solution
4. Vitamins
5. Kwashiorkor
6. Overeating
7. Carbohydrates / Starch
8. Scurvy
9. Energy giving
10. Dietary fibre / Roughage
11. Obesity
12. Nutrients
13. Iron
14. Haemoglobin
15. Goitre

### **C. Very short answers**

1. Vitamin D
2. Starch , Sugar
3. Prevents constipation. Assists the process of digestion.
4. Proteins
5. Carbohydrates, Fats, Vitamins, Proteins, Minerals, Fibres and Water
6. Fruit juices, Fresh vegetables.
7. Salt, Seafood and Fish
8. Because they need more energy to do their daily hard work.
9. Vitamin K, Vitamin E respectively
10. Deficiency of proteins and carbohydrates in child hood leads to Marasmus disease.

