

Doon Public School- Bhuj

Worksheet

Class: VI

Sub: Science

Chapter 1 and 2: Sources of food and Components of food

A. MCQS

1. 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
2. Which of the following is not the stem of parent plant?
 - a) Ginger
 - b) Potato
 - c) Sweet potato
 - d) Radish
3. Which of the following is not a deficiency disease of vitamin?
 - a) Scurvy
 - b) Goitre
 - c) Beri-beri
 - d) Rickets
4. Honey bee makes honey from
 - a) Pollen
 - b) Petals
 - c) Nectar
 - d) Bud
5. When alkaline copper sulphate solution is added to a food item, then violet colour is produced. Which of the following is present in the food
 - a) Carbohydrates
 - b) Proteins
 - c) Fats
 - d) Vitamins
6. Materials required to prepare a food item are called
 - a) Nutrition
 - b) Ingredients
 - c) Nourishment
 - d) Minerals
7. Iodine solution turns blue black when added to food X. the food X is most likely
 - a) A piece of bread
 - b) A piece of butter
 - c) A cup of milk
 - d) A boiled egg

8. Eagle is a
 b) Carnivore
 c) Herbivore
 b) Omnivore
 d) Scavenger
9. Jaggery (gur) is a good source of
 b) Proteins
 c) Fats
 b) Carbohydrates
 d) Minerals
10. The animals which eat only small animals are called
 a) Herbivores
 c) Omnivores
 b) Carnivores
 d) Insectivores
11. Deficiency of which vitamin causes loss of vision
 a) Vitamin A
 c) Vitamin C
 b) Vitamin B
 d) Vitamin D
12. Edible part in Lettuce and Spinach is
 a) Stem
 c) Leafs
 b) Roots
 d) Seeds
13. Which of the following is the seeds are not used for making sprouts in our homes
 b) Moong
 c) Chana
 b) Makka
 d) Moth
14. One of the following is necessary for the normal growth of bones and teeth. This one
 a) Vitamin B
 c) Vitamin D
 b) Vitamin C
 d) Vitamin A
15. Which of the following is not a function of water in our body?
 a) To transport digested food
 c) To release energy
 b) To get rid of waste
 d) To regulate body temperature

B. Fill ups

1. Germinated seed is called _____.
2. Protective food include _____ and _____.
3. Disease caused due to vitamin B12 deficiency is _____.
4. The _____ that we drink, which comes from cows, buffaloes and goats is an animal product.

5. We get sugar from the _____ of _____.
6. The major sources of food are _____ and _____.
7. Plants make their own food by the process of _____.
8. The red pigment present in the red blood cells is called _____.
9. _____ is building components of body.
10. Eating too much of junk food may lead to a condition called _____.

C. Very short answers

1. Mention two food rich in starch.

_____.

2. Name two plant roots which are eaten as food.

_____.

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

4. Deficiency of which minerals causes tooth decay.

_____.

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

_____.

6. Is there any food material that has other sources than plants and animals?
Name it.

7. What are the animals called that live on dead and decay animal?

8. Give any two examples of spices.

9. Name the respective diseases of all types of vitamins.

Vitamin A _____

Vitamin C _____

Vitamin B _____

Vitamin D _____

10. What is the importance of species in our food?

Answer Key

A. MCQ'S

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

B. Fill ups

1. Sprouts
2. Vitamins, Minerals
3. Anaemia
4. Milk
5. Stem , Sugarcane
6. Plants , Animals
7. Photosynthesis
8. Haemoglobin
9. Proteins
10. Obesity

C. Very short answers

1. Rice and Potato
2. Carrot and Beet root
3. Prevents constipation. Assists the process of digestion
4. Calcium
5. Deficiency of proteins and carbohydrates in child hood leads to Marasmus disease.
6. Salt
7. Scavengers
8. Clove and Turmeric
9. Vitamin A – Night blindness
Vitamin B – Beri- Beri
Vitamin C – Scurvy
Vitamin D – Rickets
10. They make food tastier.

