



Worksheet

Grade 6- Science

Chapter 2- Components of food

Choose the correct Answer:

1. Deficiency of vitamin A causes
 - (a) night blindness
 - (b) beriberi
 - (c) scurvy
 - (d) rickets
2. Which of the following sources of protein is different from others?
 - (a) Peas
 - (b) Gram
 - (c) Soya beans
 - (d) Cottage cheese (paneer)
3. Which of the following nutrients is not present in milk?
 - (a) Protein
 - (b) Vitamin C
 - (c) Calcium
 - (d) Vitamin D
4. Read the food items given below.
 - (i) Wheat
 - (ii) Ghee
 - (iii) Iodized salt
 - (iv) Spinach (palak)

Which of the above food items are "energy giving foods"?

- (a) (i) and (iv)
- (b) (ii) and (iv)
- (c) (i) and (ii)
- (d) (iii) and (iv)

5. Read the following statements about diseases.

- (i) They are caused by germs.

- (ii) They are caused due to lack of nutrients in our diet.
- (iii) They can be passed on to another person through contact.
- (iv) They can be prevented by taking a balanced diet.

Which pair of statements best describe a deficiency disease?

- (a) (i) and (ii)
- (b) (ii) and (iii)
- (c) (ii) and (iv)
- (d) (i) and (iii)

6. Given below are the steps to test the presence of proteins in a food item.

(i) Take a small quantity of the food item in a test tube, add 10 drops of water to it and shake it.

(ii) Make a paste or powder of food to be tested.

(iii) Add 10 drops of caustic soda solution to the test tube and shake well.

(iv) Add 2 drops of copper sulphate solution to it.

Which of the following is the correct sequence of the steps?

- (a) i, ii, iv, iii
- (b) ii, i, iv, iii
- (c) ii, i, iii, iv
- (d) iv, ii, i, iii

7. Scurvy is caused due to deficiency of

- (a) Vitamin A
- (b) Vitamin B
- (c) Vitamin C
- (d) Vitamin

8. Which of the following food items is rich in iron?

- (a) spinach
- (b) sea fish
- (c) milk
- (d) all of these

9. Rickets is a disease of the

- (a) bones
- (b) skin
- (c) blood
- (d) hair

10. A diet deficient in proteins alone leads to .

- (a) beri-beri
- (b). kwashiorkor
- (c) marasmus
- (d) rickets

11. Benedict's solution is used to test for the presence of in food.

- (a) fat
- (b). starch
- (c) protein
- (d) sugar

12. Which mineral is essential for strong bones and teeth?

- (a) Iodine
- (b) Calcium
- (c) Iron
- (d) Sodium

13. Which foods are high in fat?

- (a) Rice and Corn
- (b) Milk, egg and beans
- (c) Butter, cheese and oil
- (d) None of the above

14. The most important mineral for our body is _____.

- (a) Iron
- (b) Sodium
- (c) Calcium
- (d) All of the above

15. Starch can be tested by using

- (a) iodine solution
- (b) caustic soda
- (c) copper sulphate
- (d) Fehling's solution

16. Which of the following nutrients helps us to fight diseases?

- (a) Proteins
- (b) Carbohydrates
- (c) Vitamins
- (d) Roughage

Fill in the blanks:

17. _____ and _____ vitamins are not stored in the body.
18. Vitamin A is a _____-soluble vitamin.
19. Vitamin _____ can be stored in the body.
20. A child with reddish hair with pale and dry skin could be suffering from _____ .
21. The component that is an important part of enzymes _____.
22. The disease caused by the deficiency of Vitamin D in adults: _____.
23. The mineral that makes up the red blood cell: _____
24. The vitamin found in nuts and seeds that maintains healthy skin and eyes: _____.
25. _____ gives blue colour with iodine.
26. _____ are needed for growth and repair of our body.

Correct the false statement:

27. Carbohydrates are the main sources of energy in our diet.
28. Deficiency of Vitamin A makes our bone weak.
29. An oily patch on paper shows that food item contains fat.
30. Fats help in protecting our body against diseases.
31. A food plate should have maximum quantities of grains and not vegetables.
32. A bowl of sweetened curd and two chapattis constitute a balanced meal.

Answer in one word.

33. The deficiency of this mineral causes anaemia:
34. Broccoli and banana are good sources of this mineral, the deficiency of which causes weak muscles:

35. The mineral found in cheese that helps the heart muscles to work well:

36. Found in red meats and oats, these mineral releases energy from food:

37. Chemical substances in food that are needed for the growth and development of the body.

38. The indigestible portion of food that is derived from plants.

39. The condition in which a person is overweight.

40. Match the following:

Column I	Column II
1. Dietary fibres	(a) Vitamins and minerals
2. Protective foods	(b) Provide highest energy
3. Proteins	(c) Obesity
4. Test for proteins	(d) Necessary to get rid of wastes
5. Water	(e) Prevent constipation
6. Test for fats	(f) Needed for growth
7. Carbohydrates	(g) Copper sulphate and caustic soda
8. Excessive fat rich food	(h) Oily patch on paper sheet
9. Iodine	(i) Loss of water
10. Dehydration	(j) Present in sea food like lobsters