



INDIAN SCHOOL AL WADI AL KABIR

Class: VI	Department: SCIENCE 2020 -2021	Date of Completion: 28.05.2020
TEXTBOOK Q &A	Chapter: COMPONENTS OF FOOD	Note: A4 FILE FORMAT
NAME OF THE STUDENT	CLASS & SEC:	ROLL NO.

1. Name the major nutrients in our food.

Answer: The major nutrients in our food are carbohydrates, proteins, fats, vitamins and minerals. In addition, food also contains dietary fibres and water.

2. Name the following:

(a) The nutrients which mainly give energy to our body- **Carbohydrates**

(b) The nutrients that are needed for the growth and maintenance of our body- **Proteins**

(c) A vitamin required for maintaining good eyesight- **Vitamin A**

(d) A mineral that is required for keeping our bones healthy- **Calcium**

3. Name the two foods each rich in

(a) Fats- **Butter, Ghee**

(b) Starch- **Rice, Potato**

(c)Dietary fibre- **Whole grains, carrot,**

(d)Protein- **milk, soyabean**

4. Tick (✓) the statements that are correct.

(a)By eating rice alone, we can fulfill nutritional requirement of our body- **False**

(b)Deficiency diseases can be prevented by eating a variety of food items- **True**

(c)Balanced diet for the body should contain a variety of food items- **True**

(d)Meat alone is not sufficient to provide all nutrients to the body-**False**

5. Fill in the blanks.

(a)**Rickets** is caused by deficiency of vitamin D.

(b)Deficiency of **vitamin B1** causes a disease known as beriberi.

(c)Deficiency of vitamin C causes disease known as **scurvy**.

(d)Night blindness is caused due to deficiency of **vitamin A** in our food.

Prepared by :Ms. Sreeja A

Checked by: HOD - SCIENCE