

Science Worksheet 1 Grade VI

Components Of Food

Q1. Name the following:

- Smallest unit of protein _____
- The simplest carbohydrate _____
- A source of plant fat _____
- The disease caused due to iodine deficiency _____
- A vegetable which is a rich source of roughage _____
- The deficiency disease in which a person suffers from nervous disorder _____

Q2. Give two examples of:

- Fruits rich in dietary fibre _____, _____
- Foods rich in iron _____, _____
- Plant sources of protein _____, _____
- Food rich in folate _____, _____
- Foods rich in carbohydrate _____, _____
- Foods rich in fat _____, _____

Q3. Define the following:

- Amino acids
- Bowel
- Balanced diet
- Nutrients

Q4. Distinguish between

- Vitamins and minerals
- Kwashiorkor and marasmus

Q5. Why is roughage an important part of a balance diet?

Q6. Doctor recommend Sabina to take green leafy vegetables and supplements of iron, folic acid or vitamin B-12. What disease is she suffering from? Mention the symptoms.

Q7. How is anemia caused? What are its symptoms.

Q8. Match the following:

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|------------------------------|-------------------------------------|
| a. Sodium | Vitamin D deficiency |
| b. Minerals and vitamins | maintains water balance in the body |
| c. Cod liver oil | protective food |
| d. Osteoporosis | fats |
| e. Energy stores of the body | strong teeth and bones |