

Science Worksheet

Components of Food Class VI

QI. Answer the following:

1. After working on a construction of a building, a mason feels very weak and tired.
What nutrient is required by him to regain energy? Why?
2. Why is it important to include each of the following items in your diet?
Dal, green leafy vegetables, fresh citrus fruit, rice or chapattis
3. Carbohydrates like bread and cereal are placed at the base of the food pyramid and fats at the top. What does this signify?
4. Pia is nine years old. Her mother makes sure that she eats pulses every day. Explain.

QII. Complete the following:

Nutrient	Deficiency disease	Symptoms of Disease
	Pernicious anaemia	
Vitamin D		
	Osteoporosis	
Vitamin —		Affects clotting of blood
	Goitre	
	Beri-beri	
	Marasmus	
Iron		