

Science Worksheet Grade VI
Components of Food

Fill in the blanks:

- a. Bones become soft and bent in _____ disease.
- b. Scurvy is caused due to deficiency of _____.
- c. Night blindness is caused due to deficiency of _____.
- d. _____ and _____ are needed by our body in small amounts.
- e. Fresh fruits and vegetables are the important source of _____.
- f. Skin of vegetables and fruits contain _____ and _____.
- g. A diet in which all the nutrients are present in a right proportion is known as a _____.
- h. _____ is a condition in which haemoglobin count decreases in the blood.
- i. _____ gives blue-black colour with Iodine.
- j. Pulses are rich source of _____.

Name the following:

- a. Disorder due to the deficiency of Vitamin B1.
- b. Condition which arises by taking too much of fat rich food.
- c. An essential component of food, which does not provide any nutrient to our body.
- d. Chemical substances used for testing the presence of Proteins.
- e. Different forms of Carbohydrates found in our food.
- f. Name two Vitamins which can be synthesized by our body.

Choose the correct options for each:

1. Athletes are given glucose solution after they run a long race.
 - a. It gives immediate energy.
 - b. It can be easily digested.
 - c. It helps in building their muscles.
 - d. It makes them stronger.
2. A survey found that people living in the mountains have enlarged neck and slow physical development.
 - a. Their diet is deficient in phosphorus hence underdeveloped bones.
 - b. Their diet is deficient in iron and hence has less blood in the body.
 - c. Their diet is deficient in iodine required for proper growth.
 - d. Their diet is deficient in vitamins.

3. Milk is a complete food in itself.
 - a. It contains proteins.
 - b. It contains vitamins and minerals.
 - c. It contains all the essential nutrients.
 - d. It contains carbohydrates and fats.

State true or false for the following statements:

- a. A balance diet is the same for every person.
- b. Plant food is mainly fibrous food.
- c. Protein are body-building food.
- d. Vitamin C is good for our vision.
- e. Calcium is found in sea food.

Answer the following:

- a. Why do people living in the coastal regions not suffer from goiter usually?
- b. How can having carrots help improve our eyesight?
- c. Why is roughage an important part of a balanced diet?
- d. What are nutrients? List the various nutrients and write about their roles.
- e. Why is it important to drink water even when it does not give energy?