

Science Worksheet Grade VI
Components of Food

1. Choose the correct answer:

- a. Vitamin which keeps our eyes and skin healthy is:
a. Vitamin A b. Vitamin B c. Vitamin C d. Vitamin D
- b. Vitamin that is produced in our body in the presence of sunlight is:
a. Vitamin A b. Vitamin B c. Vitamin C d. Vitamin D
- c. Goiter is caused due to the deficiency of:
a. Calcium b. Iodine c. Iron d. Phosphorous
- d. Starch can be tested using:
a. Copper sulphate solution b. Iodine solution
c. Caustic soda solution d. None of these
- e. Vitamin which gets easily destroyed by heat during cooking is:
a. Vitamin A b. Vitamin B c. Vitamin C d. Vitamin D

2. Fill in the blanks:

- a. Oily patch on the paper indicates the presence of _____ in the food.
- b. Water is important for _____.
- c. Roughage is mainly provided by _____ products in our food.
- d. _____ and _____ are the energy giving food.
- e. Sea food is a good source of _____.
- f. Water helps our body to absorb _____ from food.
- g. Rice has more _____ than other nutrients.
- h. Rickets is caused due to the deficiency of _____.
- i. Many useful _____ and _____ are lost, if excess water is used during cooking and then thrown away.
- j. All deficiency diseases can be prevented by taking a _____.

3. Correct the statement:

- a. Deficiency of Vitamin A makes our bones soft and bent.
- b. Night blindness is caused due to the deficiency of Vitamin C.
- c. Deficiency of Vitamin D causes Scurvy.
- d. Tomatoes contain Vitamin D.
- e. Proteins can be tested using Iodine solution.

4. Complete the given analogies:

- a. Butter : Fats :: Vegetables : _____.
- b. Protein : Growth :: Vitamins : _____.
- c. Marasmus : Protein :: Scurvy : _____.
- d. Iodine : Goiter :: Iron : _____.

5. Answer the following:

- a. Children below the age of five suffer from protein deficiency diseases. Name one.
- b. How will you test for the presence of sugar in a food item?
- c. Why do growing children need a diet rich in proteins?
- d. What makes bread taste sweet after chewing for a while?
- e. How can a person avoid Night blindness? Which food should he include in the diet?

6. Define the following terms:

- a. Roughage
- b. Balanced Diet.
- c. Obesity

7. Match the following:

Column I

- a. Vitamins
- b. Roughage
- c. Fish
- d. Glucose
- e. Starch

Column II

- 1. Protein
- 2. Healthy body
- 3. Fibrous food
- 4. Carbohydrate
- 5. Instant source of energy