

Science Test Class VI  
Components of Food

Time: 1 hr  
30

M.M. =

1 x 5 = 5

1. Fill in the blanks:

- Two major type of carbohydrate present in our food \_\_\_\_\_ and \_\_\_\_\_.
- The nutrients that are needed for the growth and maintenance of our body are called \_\_\_\_\_.
- For the protein test, we add \_\_\_\_\_ solution along with caustic soda solution.
- The deficiency of vitamin D leads to \_\_\_\_\_.

2. Define the following:

1 x 2 = 2

- Energy giving food
- Deficiency diseases

3. Give one word for the following:

1 x 3 = 3

- Vitamin that carrots have in plenty
- A diet that contains the right amount of different components of food for healthy functioning of the body
- Vitamin that helps in blood clotting

4. Name the diseases caused by the deficiency of Vitamin A, B and C.

1

5. Give two cooking practices that leads to the loss of nutrients in food materials.

2

6. What is roughage? How does it help us?

2

7. What are body building food? Give two examples of body building food.

2

8. Why do we need iron mineral in our diet? Name two sources of rich in iron.

2

9. What is obesity? What are its causes?

2

10. Why are minerals necessary in our diet ? Name five important minerals required by our body.

3

11. State the functions of water in our body. How do we get most of the water needed by our body?

3

12. Food material X is a syrup-like, thick and sweet liquid which is made by a kind of insects by collecting nectar! from flowers. On the other hand, food material Y is a thin liquid which can be converted into yogurt.

3

- a. What do you think is food X?
- b. Name the insects which make food X.
- c. Name the food Y.
- d. Name two animals which provide us food Y.

Sharya Academy