

MAHESH PUBLIC SCHOOL,JODHPUR

CLASS: VI
SUBJECT: SCIENCE
WORKSHEET NO. 2

COMPONENTS OF FOOD

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Q1 MCQ

1. Night blindness is caused due to deficiency of

- a) vitamin A c) vitamin C
- b) vitamin B d) vitamin D

2. carbohydrates can be tested using

- a) iodine solution b) caustic soda
- c) copper sulphate d) Fehling solution

3. which of the following nutrients are not present in milk.

- a) protein b) vitamin C
- c) calcium d) vitamin D

4. vitamins and minerals are

- a) protective food b) energy giving food
- c) body building food d) roughage

5. which of the following food items contain carbohydrates.

- a) rice b) gram
- c) cabbage d) pulses

Q2 FILL IN THE BLANKS

1. Co-enzymes are nothing but _____.
2. An average person should drink _____ glasses of water daily.

3. Balanced diet is one containing all_____.
4. Our body contains _____of water.
5. Starch is a _____ of sugar.
6. Protein build _____ material.
7. Skin, hair and nails are_____.
8. _____ gives blue color with iodine.
9. Excess intake of _____ over a large period may damage kidneys.
- 10.proteins are made up of_____.

Q3 state TRUE and FALSE

1. Deficiency of iron causes paleness.
2. Deficiency of vitamin A make our bones weak.
3. Calcium is necessary for strong bones and teeth.
4. Carbohydrates are main source of energy in our diet.
5. Expensive food is not always the best food.
6. Cotton and paper are carbohydrates.
7. Tomatoes contain vitamin C.
8. Eating ladyfinger makes you good in mathematics.
9. Hemoglobin is a carbohydrate.
- 10.protein is a staple food.