

# St. Andrews Scots Sr. Sec. School

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Session: 2024 – 2025

(Worksheet-1)

Class-VI

Subject - Science

Chapter: Components of food

## Q.1. State True (T) or False (F) for the following statements:

- a) Vitamin D is an energy giving nutrient.
- b) Each gram of sugar provides more energy than fats.
- c) Expensive food is not always the best food.
- d) Deficiency of iron causes paleness.
- e) Carbohydrates are the main source of energy in our diet

## Q.2. Fill in the blanks:

- a) About 70% of our body is made up of \_\_\_\_\_.
- b) Deficiency of Vitamin A causes \_\_\_\_\_.
- c) Do not wash vegetables after \_\_\_\_\_.
- d) Wounds take longer time to heal when we have deficiency of \_\_\_\_\_.
- e) A solution of \_\_\_\_\_ and caustic soda is used to detect the presence of proteins.

## Q.3. Multiple Choice Questions:

- a) Deficiency of vitamin C causes\_\_\_\_\_
  - (i) Rickets
  - (ii) Scurvy
  - (iii) Goitre
- b) Which of the following food components do not provide any nutrients?
  - (i) Water
  - (ii) Milk
  - (iii) Fruit Juice
- c) Guava, Lemon, Tomato and orange are rich in \_\_\_\_\_
  - (i) Vitamin C
  - (ii) Vitamin A
  - (iii) Vitamin D
- d) Which of the following food items is the best source of plant proteins?
  - (i) Milk
  - (ii) Legumes
  - (iii) Egg
- e) The component of food which help our body to fight against infections are\_\_\_\_\_
  - (i) Proteins
  - (ii) Fats
  - (iii) Carbohydrates

## Q.4. Answer in one word:

- a) Name the vitamin that our body prepares in the presence of sunlight.
- b) Name a vitamin that is not present in milk.
- c) What is another name dietary fibres?
- d) Which nutrient is also known as protective food?
- e) Deficiency of which nutrient leads to poor vision or loss of vision in darkness?

## Q.5. Answer the following questions:

- a) Why does a growing child need more minerals?
- b) Explain why people who eat sea-food do not suffer from goitre.
- c) Which nutrients do we get from milk?
- d) Why should water be included in our food?