



BAL BHARATI PUBLIC SCHOOL, PITAMPURA, DELHI – 110034

SUBJECT:- Science

CLASS – VI

CHAPTER: Components of Food

TOPIC: Revision of concepts

GUIDELINES:

- Attempt all the questions of this assignment in your notebook.
- Revise the content sent to you before attempting this assignment.
- Refer to your textbook and e-lessons on this chapter in case of any doubt or you can discuss your doubts during online doubt clearing session with your teacher.

A. Write the correct option only in your notebook*:-

1. Which one of the following food items does not provide dietary fibre?
 - (a) Whole grains
 - (b) Whole pulses
 - (c) Fruits and vegetables
 - (d) Milk
2. Which of the following sources of protein is different from others?
 - (a) Peas
 - (b) Gram
 - (c) Soyabeans
 - (d) Cottage cheese (paneer)
3. Which of the following nutrients is not present in milk?
 - (a) Protein
 - (b) Vitamin C
 - (c) Calcium
 - (d) Vitamin D

B.Fill in the blanks from the list of words given below:

(carbohydrate, fat, protein, starch, sugar, vitamin A, vitamin C, roughage, balanced diet, obesity, goitre)

- (a) Egg yolk is rich in _____ and rice is rich in _____
- (b) Deficiency diseases can be prevented by taking a _____.
- (c) Eating too much of fat rich foods may lead to a condition called _____.
- (d) The component of food that does not provide any nutrient to our body and yet is essential in our food is _____.
- (e) The vitamin that gets easily destroyed by heating during cooking is _____.

C. Match the following:

A

- 1. Starch
- 2. Scurvy
- 3. Goiter
- 4. Fats
- 5. Salads

B

- a. Iodine
- b. Energy
- c. Roughage
- d. Carbohydrate
- e. Vitamin C

D. The given statements are false. Rewrite the correct statement for each:-

- 1. Fruits and vegetables must be thoroughly washed after cutting.
- 2. Presence of sugar in a food sample can be tested using iodine.
- 3. Deficiency of Vitamin E causes Scurvy.
- 4. A typist needs more calories than an athlete.

E. Name the chemicals required to test:

- 1. Proteins
- 2. Carbohydrates

F. Give one word for the following:

- 1. The food which we eat during the whole day.
- 2. The diet which contains adequate amount of all nutrients.
- 3. The process by which living organisms obtain food and utilize it for their growth and development.
- 4. The nutrients present in our food which protect us from various diseases.
