



Sincerity, Nobility and	Service a fingerprint school		
Science Worksheet 4			
Chapter – Components of food Date: 4/9/2019	Grade 6 Submission Date: 4/9/2019		
A. Give one-word answers.			
1. The nutrient taken in excess by a	an overweight girl		
2. The liquid part of the blood			
3. A mineral in milk which is good t	for the bones		
4. A food rich in carbohydrates			
5. The food which is the best sourc	e of vegetable protein		
6. A vitamin which gets destroyed o	on cooking food		
7. A deficiency of this nutrient lead	ls to physical and mental strain		
 The disease which a child with a ugly, patchy skin suffers from 	swollen stomach, thin legs and		
B. Answer in brief.			
 Is it enough to take all the nutrie else is needed? 	ents in proper amounts for good health? If not what		
2. In which parts of our body are fa	ats normally stored?		
3. Why does a growing child require	e more protein than an adult?		
4. Your eye doctor has suggested you	u to take food rich in vitamin A. What should you take?		
5. What does balanced diet depend	on?		
6. Give three examples of body-buil	ding food.		
7. Which nutrient does each of the	following need more?		
A child An athle	te A pregnant woman		

A patient _____ An anaemic patient _____ A runner _____

- 8. Your cook washes vegetables after cutting them. Should she do this? If not, why?
- 9. What should we do while cooking to avoid destroying the nutrients?
- 10. What is the difference between kwashiorkor and marasmus?
- 11. What are the symptoms of scurvy?
- 12. Why are people living in the Himalayan regions more prone to goitre?
- C. Write true or false.
- 1. Carbohydrates are obtained from both plants and animals.
- 2. A hard working man needs more proteins than others.
- 3. Most of the energy we need comes from proteins.

4. Potassium and calcium are required f	or the development of strong bones.			
5. Lack of vitamin B1 affects the nervou	5. Lack of vitamin B1 affects the nervous system.			
6. Vitamin B12 helps in the formation o	6. Vitamin B12 helps in the formation of red blood cells.			
7. Cod-liver oil is the source of both vit	7. Cod-liver oil is the source of both vitamin A and K.			
D. Fill in the blanks.				
1. Cells in our body are mainly made from				
2. The total daily requirement of proteins and fats for an adult is and				
3. Vitamins are required by our body in quantities.				
4. Rickets occurs due to lack of and				
5. Green and yellow vegetables are the sources of				
6. Niacin is required for the proper functioning of and				
7. Vitamin helps in the clotting of blood.				
E. Choose the most appropriate answers.				
1. Which one of these is not a source of carbohydrate?				
a. Maize b. Rice	c. Potato d. Egg			
2. Which of these forms the most of our body weight?				
a. Proteins b. Fats	c. Carbohydrates d. Water			
	3. Most of the water in our body is present in			
a. cells.	. blood.			
c. spaces between cells.	-			
	olour is the indication of its presence in meat?			
a. Purple b. Orange				
 5. Which of the following regulates c a. Water b. Vitamins 				
	c. Oxygen d. Blood			
F. Match the columns.				
Column A	Column B			
1. to maintain good health	a. proteins			
2. for proper working of body	b. fats			
3. to provide energy	c. carbohydrates			
4. to keep the body warm	d. vitamins			
5. to make new cells	e. minerals			

4.	. Potassium and calcium are required for the development of strong bones.			
5.	. Lack of vitamin B1 affects the nervous system.			
6.	. Vitamin B12 helps in the formation of red blood cells.			
7.	7. Cod-liver oil is the source of both vitamin A and K.			
D.	. Fill in the blanks.			
1.	. Cells in our body are mainly made from			
2.	2. The total daily requirement of proteins and fats for an adult is and			
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	E. Choose the most appropriate answers.			
1.	Which one of these is not a source of cara. Maizeb. Ricec. Pota	-		
2.	Which of these forms the most of our boo	dy weight?		
	a. Proteins b. Fats c. Cark	oohydrates d. Water		
3.	Most of the water in our body is present	in		
	a. cells. b. bloc	od.		
	c. spaces between cells. d. large	e intestine.		
4.	When tested for proteins, which colour is	·		
	a. Purple b. Orange c. Blue			
5.	Which of the following regulates our body			
	a. Water b. Vitamins c. Oxy	gen d. Blood		
F.	Match the columns.			
	Column A	Column B		
1.	to maintain good health	a. proteins		
2.	for proper working of body	b. fats		
3.	to provide energy	c. carbohydrates		
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3. Most of the energy we need comes from proteins.

