



CHAPTER 2: COMPONENTS of FOOD

GRADE: 6

SUBJECT: SCIENCE

A. Give one-word answers.

1. The nutrient taken in excess by an overweight girl _____
2. The liquid part of the blood _____
3. A mineral in milk which is good for the bones _____
4. A food rich in carbohydrates _____
5. The food which is the best source of vegetable protein _____
6. A vitamin which gets destroyed on cooking food _____
7. A deficiency of this nutrient leads to physical and mental strain _____
8. The disease which a child with a swollen stomach, thin legs and ugly, patchy skin suffers from _____

B. Answer in brief.

1. Is it enough to take all the nutrients in proper amounts for good health? If not what else is needed?
2. In which parts of our body are fats normally stored?
3. Why does a growing child require more protein than an adult?
4. Your eye doctor has suggested you to take food rich in vitamin A. What should you take?
5. What does balanced diet depend on?
6. Give three examples of body-building food.
7. Which nutrient does each of the following need more?
A child _____ An athlete _____ A pregnant woman _____
A runner _____ A patient _____ An anaemic patient _____
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?



5. Which of the following regulates our body activities?

- a. Water b. Vitamins c. Oxygen d. Blood

F. Match the columns.

Column A

- 1 to maintain good health
- 2 for proper working of body
- 3 to provide energy
- 4 to keep the body warm
- 5 to make new cells

Column B

- a. proteins
- b. fats
- c. carbohydrates
- d. vitamins
- e. minerals

G. Match the columns.

Column A

SOLUTION

1. sodium hydroxide
2. ethanol
3. Benedict's solution
4. iodine solution

Column B

TEST FOR

- a. starch
- b. protein
- c. sugar
- d. fat



