



## INDIAN SCHOOL AL WADI AL KABIR



<b>CLASS: VI</b>	<b>DEPARTMENT: SCIENCE</b> <b>2024 – 2025</b>	<b>DATE: 08/05/2024</b>
<b>TEXTBOOK Q &amp; A</b>	<b>TOPIC: COMPONENTS OF FOOD</b>	<b>NOTE: A4 FILE FORMAT</b>
<b>NAME OF THE STUDENT:</b>	<b>CLASS &amp; SEC:</b>	<b>ROLL NO.</b>

### 1. Name the major nutrients in our food.

**Answer: The major nutrients in our food are carbohydrates, proteins, fats, vitamins and minerals. In addition, food also contains dietary fibres and water.**

### 2. Name the following:

- (a) The nutrients which mainly give energy to our body- Carbohydrates
- (b) The nutrients that are needed for the growth and maintenance of our body- Proteins
- (c) A vitamin required for maintaining good eyesight- Vitamin A
- (d) A mineral that is required for keeping our bones healthy- Calcium

### 3. Name the two foods each rich in:

- (a) Fats - **Butter, Ghee**
- (b) Starch - **Rice, Potato**
- (c) Dietary fibre - **Whole grains, carrot**
- (d) Protein - **milk, soyabean**

### 4. Tick (✓) the statements that are correct.

- (a) By eating rice alone, we can fulfill the nutritional requirement of our body - **False**
- (b) Deficiency diseases can be prevented by eating a variety of food items - **True**
- (c) A balanced diet for the body should contain a variety of food items - **True**
- (d) Meat alone is sufficient to provide all nutrients to the body – **False**

**5. Fill in the blanks.**

- (a) Rickets is caused by a deficiency of vitamin D.
- (b) Deficiency of vitamin B1 causes a disease known as beriberi.
- (c) Deficiency of vitamin C causes a disease known as scurvy.
- (d) Night blindness is caused by deficiency of vitamin A in our food.

<i>PREPARED BY</i> <i>Ms. PREETI NAMBIAR</i>	<i>CHECKED BY</i> <i>HoD SCIENCE</i>
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