

ST. Thomas School, Indirapuram

Science Worksheet Class : 6

Chapter 2 (Components of Food)

Q1. Answer the following questions:

- a. Why should a meal have different food items?
- b. What happens when two or more drops of Iodine solution fall on starch substance?
- c. Name the food nutrient indicated by an oily patch on paper.
- d. How can you test the presence of proteins in a given food item?
- e. People who eat sea-food do not suffer from Goitre. Explain.
- f. Name the vitamin that our body prepares in the presence of sunlight.
- g. What is the main symptom of the disease Scurvy?
- h. Which mineral is necessary for the formation of haemoglobin?
- i. Name the disorder in the body that is caused due to the deficiency of Calcium.
- j. Water does not provide any nutrient but it is essential in our diet. Comment.

Q2. Write two examples of:

- a. Plant food items that provide proteins
- b. Sources of Vitamin B
- c. Dietary fibre
- d. Water soluble vitamins

Q3. Define:

- a. Balanced Diet
- b. Deficiency diseases
- c. Obesity
- d. Anaemia