

WORKSHEET

CLASS - VI

SUBJECT- Science

CHAPTER- 2. Food

A. Fill in the blanks.

1. _____and _____are needed for the growth and maintenance of the body.
2. PEM stands for _____.
3. Deficiency of Vitamin D causes the disease of _____.
4. When a child is starving, he suffers from _____that leads to weakness.
5. _____ present in jaggery and nuts helps in the formation of _____in the blood.

B. Write True or false for the following.

1. Feet and abdomen of children become swollen in Marasmus. _____.
2. Roughage in our diet helps in bowel movement . _____.
3. Vitamin C builds our immunity and found in citrus fruits & guava _____.
4. Wheat, rice and maize are sources of proteins in our diet. _____.
5. Child who suffers from deficiency of iodine gets goitre. _____.

C. Match the following.

- | | |
|-----------------|-------------------|
| 1. Amla. | Night blindness |
| 2. Carbohydrate | Vitamin C |
| 3. Vitamin A. | Fibre in the food |
| 4. Rickets. | Energy |
| 5. Roughage | Vitamin D |

D. Answer the following in brief.

1. Differentiate between
 - a) Kwashiorkor and Marasmus
 - b) Water-soluble and Fat- soluble vitamins
2. Vitamins are essential for proper growth of our body.Explain.
3. Which vitamin is responsible for making our muscles strong and which foods provide it to us?
4. How water is essential for our body ? Give at least two of its functions.
5. Explain how balanced diet is important for proper development of our body.

E. Answer the following.

1. Explain the test for carbohydrates.
2. What are the symptoms of Kwashiorkor?
3. How can a person become obese?
4. Explain the condition of goitre.How can it be treated?
5. Write the importance of proteins in our diet.

F. Pick the correct option from the following.

1. Cod & shark liver oil, yellow fruits and vegetables are sources of
 - a. Vitamin B
 - b. Carbohydrate
 - c. Vitamin A
 - d. Fats
2. Deficiency of vitamin D causes
 - a. Bleeding gums
 - b. Deformed bones
 - c. Dryness of skin
 - d. All of these
3. Conc. Nitric acid is used to test the presence of
 - a. Fats
 - b. Fibre
 - c. Proteins
 - d. None of above
4. Source of proteins that contains four times as much as eggs.
 - a. Pulses
 - b. Meat
 - c. Paneer
 - d. Soybean
5. Carbohydrates are made up of
 - a. Carbon
 - b. Hydrogen
 - c. Oxygen
 - d. All of these
6. Protective foods are
 - a. Proteins
 - b. Carbohydrates
 - c. Fats
 - d. Vitamins & minerals
7. Cumin, cloves and black pepper are
 - a. Spices
 - b. Oils
 - c. Cereals
 - d. None of above
8. Which one is not a Fat-soluble Vitamin?
 - a. A
 - b. C
 - c. D
 - d. K
9. Minerals needed in small amounts by our body are
 - a. Sodium, Potassium
 - b. Magnesium, calcium
 - c. Iron, Phosphorus
 - d. All of these

10. These are water- soluble vitamins

- a. Vit B
- b. Vit A
- c. Vit C
- d. Both a & c

G. Collect pictures of fruits and vegetables, sort them under Fat- soluble and water- soluble categories and paste them in your note- book.