

Worksheet CBSE-6 Science

Chapter 2: Components of Food

Question 1. Name the major nutrients in our food.

Answer:

.....

.....

.....

Question 2. Name the following:

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

Answer:

- (a)
- (b)
- (c)
- (d)

Question 3. Tick (✓) the statements that are correct:

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

Answer:

- (a)
- (b)
- (c)
- (d)

Question 4. Fill in the blanks :

(a) _____ is caused by deficiency of Vitamin D.

(b) Deficiency of _____ causes a disease known as beri-beri.

(c) Deficiency of vitamin C causes a disease known as _____.

(d) Night blindness is caused due to deficiency of _____ in our food.

www.kiversity.org