

INTERNATIONAL INDIAN SCHOOL BURAIDAH

Worksheet for the Academic Year 2024-25

Class -6th

Subject : Science

Date : 18/05/2024

Lesson : 1 Components of Food & Lesson : 2 Sorting Materials into Groups

A. Fill in the blanks:

1. Deficiency of vitamin C causes a disease known as _____.
2. Foods containing _____ are called body building food.
3. The main carbohydrates found in our food are in the form of _____ and _____.
4. Component of food that protect us from diseases is _____.
5. _____ is caused by deficiency of iodine.
6. Our body also prepares _____ in the presence of sunlight.
7. Foods containing carbohydrates and fats are called _____ food.
8. Materials which have a shiny appearance are called _____.
9. Materials which cannot be compressed easily are called _____ materials.
10. Some materials are _____ in water whereas some others are insoluble in water.
11. _____ is a example of opaque material.
12. The substances which can be completely dissolved in water are called _____ substances

B. Choose the correct option:

1. Rickets is caused by deficiency of of
a) Iodine b) Vitamin D c) Vitamin C d) Iron
2. A disease caused by deficiency of iron is
a) Goiter b) Beri-beri c) Scurvy d) Anaemia
3. Which of the following is soluble in water?
a) sugar b) sand c) chalk powder d) saw dust
4. Which of the following is float on water?
a) metal b) wood c) stone d) none of these
5. Which of the following is soft material ?
a) metal b) iron c) stone d) sponge
6. The materials through which things can be seen are called
a) translucent material b) opaque materials c) transparent materials d) soft materials

C. Name the following:

1. Dietary fibres are also known as
2. A disease caused by deficiency of Vitamin B1.
3. A person eating too much of fat rich food causes this condition.
4. Deficiency of iron causes a disease known as .
5. The material which can be compressed or scratched easily are called.

D. Match the following:

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|---------------|--------------------|
| 1. Iodine | a) Night blindness |
| 2. Vitamin B1 | b) Goiter |
| 3. Vitamin A | c) Rickets |
| 4. Vitamin D | d) Beri-beri |

E. Answer the following:

1. Define: a) Balanced Diet b) Soft materials c) Insoluble substances
 2. Which nutrients are essential for our body?
 3. Match the objects given below with the materials from which they could be made.

a) books	i) metal
b) shoes	ii) shirts
c) plate	iii) paper
d) cotton	iv) leather
 4. Differentiate transparent and translucent materials with example.
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