

INTERNATIONAL INDIAN SCHOOL BURAIDAH

Worksheet for the Academic Year 2023-24

CLASS: 6th SUBJECT: SCIENCE DATE: 07/05/2023

LESSON: 2- COMPONENTS OF FOOD

Fill in the blanks:

1. Deficiency of iron causes a disease known as _____.
2. _____ and fat mainly provide energy to our body.
3. _____ is caused by deficiency of iodine.
4. Component of food that protect us from diseases is _____ .
5. Deficiency of _____ causes a disease known as scurvy.
6. Foods containing _____ are called body building foods.
7. Diseases that occur due to lack of nutrients over a longer period are called _____ diseases.
8. The main carbohydrates found in our food are in the form of _____ and _____ .
9. Our body also prepares _____ in the presence of sunlight.
10. Foods containing carbohydrates and fats are called _____ food.

Name the following:

1. Any two sources of protein.
2. Dietary fibres are also known as _____
3. Any two sources of vitamin C.
4. A disease caused by deficiency of Vitamin B1.
5. Eating too much of fat rich food causes this condition.

Match the following:

- | | |
|--------------|--------------------|
| 1. Vitamin C | a) Beriberi |
| 2. Iodine | b) Night blindness |
| 3. Vitamin A | c) Scurvy |

4. Vitamin B1 d) Goiter

Answer the following questions:

1. Define: a) Obesity b) Balanced Diet

2. Which nutrients are essential for our body?

3. Name any two deficiency diseases and their symptoms caused due to deficiency of vitamins in diet.

4. Mention any two foods each rich in:

a) Starch –

b) Proteins –

c) Vitamin A –

d) Calcium
