**FORMATIVE ASSESSMENT NO: 2** 

**SUBJECT: SCIENCE** 

CLASS – VI

**ASSIGNMENT NO: 61** 

## **CHAPTER – COMPONENTS OF FOOD**

Q1. Fill in the blanks:	
1. Protective food includes and	
2. Sea food is a rich source of	
3. Proper functioning of our digestive system is due to the presence of in our diet.	1
4 is caused due to the deficiency of Vit-D	
5. Loss of vision or night blindness is caused due to the deficiency of in our diet.	
6. Over eating of fried and fatty food items causes	
Q2. Complete the following table:	

DEFICIENCY DISEASE	NUTRIENT	2 SOURCES OF NUTRIENT
SCURVY		
ANAEMIA	IRON	
	CALCIUM	

## 1. Deficiency of which mineral is responsible for causing goiter \_\_\_\_\_\_. 2. Jaggery is a good source of \_\_\_\_\_\_. 3. Deficiency of which mineral is responsible for causing Beriberi\_\_\_\_\_. 4. Deficiency of which nutrient makes a person have stunted growth & discoloration of Q4. Choose the correct answer: 1. The component of food that has no nutritive value is: a) Vitamins b) Carbohydrates c) Proteins d) Roughage 2. Butter & Ghee are the major sources of: b) Minerals a) Fats c) Proteins d) Roughage 3. Which mineral is required for the formation of haemoglobin: a) Phosphorus b) Iodine c) Iron d) Calcium

Q3. Give one word for each of the following:

**Q5.**Karan had junk fried food at Mc Donald's .After sometime he developed stomachache and burning sensation in the chest. He took an antacid tablet which gave him relief soon after. What do you think was the cause of Karan's stomachache?