

## Grade 6 Components of Food Worksheets

### A. Answer the following questions in short:

1. Name the major nutrients in our food.
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.
3. Name two foods each rich in:
  - (a) Fats .....
  - (b) Starch .....
  - (c) Dietary fibre .....
  - (d) Protein .....
4. What is a balanced diet? What should it contain?
5. Why should we include vitamins in our food?
6. What are deficiency diseases?
7. Why does eating of one type of food cause imbalance in nutrition?
8. Does animal food also consist of nutrients and do they need a balanced diet?

### B. Tich (✓) the statements that are correct:

1. By eating rice alone, we can fulfil nutritional requirement of our body.
2. Deficiency diseases can be prevented by eating a balanced diet.
3. Balanced diet for the body should contain a variety of food items.
4. Meal alone is sufficient to provide all nutrients to the body.

### C. Fill In The Blanks:

1. .... is caused by deficiency of Vitamin D.
2. Deficiency of ..... causes a disease known as beri-beri
3. Deficiency of vitamin C causes a disease known as .....
4. Night-blindness is caused due to deficiency of ..... in Our food.
5. Our food contains several components known as .....
6. Fats contain ..... oxygen as compared to .....

### D. Tick (✓) the Correct Option:

1. Vitamins are essential for the body to:
  - (a) supply energy
  - (b) make new cells
  - (c) protect it from diseases
  - (d) grow fast

2. Which one of the following constitutes balanced diet?

- (a) Roti, rice, dal, vegetables, pickle
- (b) Parantha, butter, curd, egg, fruits
- (c) Rice, samber, idle, pickle, fruits
- (d) Roti, dal, salad, vegetables

3. Goitre occurs due to the deficiency of :

- (a) chlorine
- (b) potassium
- (c) iodine
- (d) iron

4. Our hair and nails contain :

- (a) calcium
- (b) phosphorus
- (c) fluorine
- (d) proteins

5. Glucose and fructose are

- (a) starches
- (b) fats
- (c) sugars
- (d) none of these

**E. Match the following:**

'A'	'B'
1. Beri-Beri	a. Swelling in neck
2. Anaemia	b. Bending of bones
3. Marasmus	c. Stopping of growth
4. Goitre	d. Weak muscles

5. Scurvy	e. Weakness
6. Rickets	f. Bleeding gums

**F. Define the following terms:**

1. Nutrients:
2. Dietary fibres:
3. Minerals:

**G. The following Table gives information about Vitamins and Minerals. Complete the Table:**

<b>Vitamin/ Mineral</b>	<b>Sources of food</b>	<b>Functions in body</b>	<b>Deficiency disease</b>	<b>Symptoms</b>
Vitamin A	Carrot, Papaya, Ripe mango, Milk, Fish oil			
Vitamin B		Convert food into energy		
Vitamin C			Scurvy	
Vitamin D				Bones become soft and bent
Calcium		Formation of strong bones and teeth, helps in blood clotting		
Iron			Anaemia	
Iodine				Swelling in neck, Mental disability in children