

CLASS VI G S COMPONENTS OF FOOD  
WORKSHEET

I. CHOOSE THE CORRECT ANSWER.

1. The vitamin which keep our eyes and skin healthy is  
(a) vit D (b) vit C (c) vit A (d) none of these
2. The vitamin that is produced in our body in the presence of sunlight  
(a) vit A (b) vit B1 (c) vit C (d) vit D
3. The vitamin which help our body to fight against many diseases  
(a) vit C (b) vit B1 (c) vit C (d) vit D
4. The vitamin which is easily destroyed by heat during cooking  
(a) vit A (b) vit B1 (c) vit C (d) vit D
5. Anaemia occurs due to the deficiency of  
(a) calcium (b) iron (c) phosphorous (d) iodine
6. The mineral available in sea food is  
(a) calcium (b) iron (c) phosphorous (d) iodine

II. FILL IN THE BLANKS

1. The essential components of food which are necessary for our body are called \_\_\_\_\_
2. The turning of food item into blue-black colour on adding iodine solution indicates the presence Of \_\_\_\_\_
3. Oily patch on the paper indicates the presence of \_\_\_\_\_ in the food .
4. Food items which contain \_\_\_\_\_ and \_\_\_\_\_ are called energy giving food.
5. Food items which contain proteins are called \_\_\_\_\_ food.
6. Food items which contain \_\_\_\_\_ and \_\_\_\_\_ are called protective food.
7. Pulses are rich source of \_\_\_\_\_.
8. Roughage is mainly provided by \_\_\_\_\_ products in our food.
9. Water helps our body to absorb \_\_\_\_\_ from food.
10. All deficiency diseases can be prevented by taking a \_\_\_\_\_.
11. Goitre is caused due to the deficiency of \_\_\_\_\_.
12. Bones become soft and bent in \_\_\_\_\_ disease.
13. Scurvy is caused due to the deficiency of \_\_\_\_\_.
14. If the diet is deficient in both \_\_\_\_\_ and \_\_\_\_\_ for a long time, the growth May stop completely..
15. Diseases occur due to lack of nutrients are called \_\_\_\_\_.
16. Vitamin C get easily destroyed during \_\_\_\_\_.
17. The skins of vegetables and fruits contain \_\_\_\_\_ and \_\_\_\_\_.

18. Eating too much of \_\_\_\_\_ rich food causes obesity.

19. The chemical substances used for testing the presence of proteins are \_\_\_\_\_ and \_\_\_\_\_

20. Many useful \_\_\_\_\_ and \_\_\_\_\_ are lost if excess water is used during cooking

And then thrown away.

### III. NAME THE FOLLOWING

1. Two Energy giving food
2. Two Body building food
3. Night blindness is caused due to the deficiency of.
4. Some sources of dietary fibres.
5. The condition which arise by taking too much of fat rich food.
6. Two foods rich in carbohydrates.
7. The mineral that is required for keeping our bones healthy.
8. An essential component of food which does not provide any nutrient to our body.

### IV MATCH THE FOLLOWING

- |                                    |                    |
|------------------------------------|--------------------|
| 1. Fat rich food                   | Body building food |
| 2. Vitamin B1                      | Balanced diet      |
| 3. Proteins                        | Obesity            |
| 4. All nutrients in right quantity | Beri beri          |
| 5. Table salt                      | Carbohydrates      |
| 6. Potato                          | Iodine             |

### V STATE TRUE OR FALSE. IF FALSE CORRECT THE STATEMENT

1. Deficiency of Vit B1 causes Night Blindness.
2. Obesity is caused due to eating protein rich food.
3. Goitre is caused due to deficiency of iron.
4. Carbohydrates and fats are called body building food.
5. By eating rice alone, we can fulfill nutritional requirement of our body.