Class VI Science — Components of food

Fill in the blanks or answer briefly.

Name: _____ Date: _____

1. Rice and potatoes are rich in _____.

2. Pulses, eggs and paneer are rich in _____.

3. Which component of food helps to build and repair the body?

4. Name the test for starch and the colour it gives.

5. Which vitamin do we get from sunlight on our skin?

6. Lack of iodine can cause a disease of the thyroid gland. Name it.

7. Why is roughage (fibre) important?

8. What is a balanced diet?

Answers

For parents and teachers: check the method as well as the answer.

1. carbohydrates
2. proteins
3. Proteins
4. Iodine test; blue-black colour
5. Vitamin D
6. Goitre
7. It helps the body get rid of undigested food (prevents constipation)
8. A diet with all the components of food in the right amounts, plus water and roughage