

# BIOLOGY

## COMPONENTS OF FOOD



Class 6 – Science

Worksheet

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## Components of Food

### Worksheet based on NCERT Class 6 Science Chapter

**Fill in the following with the list of words given below:**

*Sunlight, Carbohydrates, Fats, Proteins, Copper sulphate, Roughage, Vitamins, Scurvy, Water, Anaemia, Iodine*

1. \_\_\_\_\_ and \_\_\_\_\_ mainly provide energy to our body.
2. \_\_\_\_\_ help in protecting our body against diseases.
3. \_\_\_\_\_ is a food item which does not provide any nutrition.
4. \_\_\_\_\_ and minerals are needed for the growth and the maintenance of our body.
5. Deficiency of Iron causes \_\_\_\_\_
6. Sea Food is a rich source of \_\_\_\_\_  

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7. Dietary fibres are also known as \_\_\_\_\_.
8. Our body also prepares Vitamin D in the presence of \_\_\_\_\_.
9. A solution of \_\_\_\_\_ and Caustic Soda is used to detect the presence of proteins.
10. Deficiency of Vitamin C causes \_\_\_\_\_ disease.

**Identify the Vitamin?**

11. Which vitamin helps in clotting of blood? \_\_\_\_\_

12. Which vitamin makes our bones and teeth strong? \_\_\_\_\_

13. Which vitamin keeps our skin healthy? \_\_\_\_\_

14. Which vitamin helps in formation of red blood cells? \_\_\_\_\_

**Write the food components which are connected with the following deficiency diseases.**

15. Marasmus \_\_\_\_\_

16. Night blindness \_\_\_\_\_

17. Osteoporosis \_\_\_\_\_

18. Kwashiorkor \_\_\_\_\_

19. Anaemia \_\_\_\_\_

20. Beriberi \_\_\_\_\_

Answers are given at the following link:

<http://cbse-notes.blogspot.com/2016/03/cbse-class-6-science-ch2-components-of.html>