

Bharatiya Vidya Bhavans, V.M. Public School

Date:	Chapter-6	Subject: Science
Class: VI	Name of the student:	

1. Write three examples of each of the following:
 - (a) Energy-yielding food items
 - (b) Food items rich in proteins
 - (c) Food items rich in dietary fibres
 - (d) Food items rich in fats
2. Fill in the blanks
 - (a) A diet that contains the correct proportions of all the nutrients is called a _____
 - (b) Deficiency of iodine causes _____
 - (c) Night blindness is caused due to deficiency of _____ in our food.
 - (d) _____ is a plant product that cannot be digested and helps our body to get rid of undigested food materials.
 - (e) Excessive loss of water causes _____
 - (f) Rice, wheat and corn are sources of _____
 - (g) The human body loses water through _____ and _____
3. Milk is a whole food. Do you agree?
4. Overeating can lead to obesity. Is it true?
5. What do you understand by deficiency diseases? Name some of them.
6. Differentiate between marasmus and kwashiorkor.
7. Why is water an essential part of our diet?
8. What is the method to identify the presence of proteins in food items?
9. Multiple choice questions:
 - (1) Bent bones in a person may occur due to the deficiency of:
 - (a) Proteins (b) calcium (c) fats (d) carbohydrates
 - (2) Which of the following foods will turn blue-black on iodine test?
 - (a) Groundnut (b) raw potato (c) milk (d) none of these
 - (3) Which of the following is a source of vitamin?
 - (a) Milk (b) egg (c) spinach (d) gram seeds
 - (4) Which of the following does not belong to the group of others?
 - (a) Meat (b) butter (c) soyabean (d) pea
 - (5) Which of the following may result due to deficiency of calcium?
 - (a) Tooth decay (b) bleeding of gums (c) night blindness (d) weak muscles
 - (6) Which of the following is not energy-giving food item?
 - (a) Apple (b) almond (c) raw potato (d) none of these
10. Do you think consuming the same kind of food every day will keep you fit? Why?
11. A typist needs lesser amounts of carbohydrates than a sportsman. Why?