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STUDY NOTES

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CLASS- VI (All Section)

DATE: 01-06-2020

Science

CHAPTER: 2 Components of food

Today's Topic: Revision of the chapter

Answer the following questions:

1. What are the main components of our food?
2. How are carbohydrates useful for the body?
3. Why is iron needed in our diet?
4. Which food items provide roughage in our diet?
5. What is a balanced diet?

6. Fill in the blanks:

- (a) _____ in our diet helps build muscles and repair tissues in our body.
- (b) Deficiency of iron in diet causes _____.
- (c) The presence of starch in food can be tested by using _____.
- (d) Fruits, such as lemon, orange and guava, contain vitamin _____.

(e) Minerals are required in _____ amounts.

7. Explain the terms:

(a) anaemia

(b) roughage

(c) carbohydrate

(d) proteins

(e) deficiency diseases

8. Indicate whether the statements are true or false:

(a) Carbohydrates help in building muscles.

(b) Rice is a good source of protein.

(c) Calcium deficiency leads to weak bones.

(d) Milk is a rich source of calcium.

(e) Vitamin A is necessary for good eyesight.

