

VIDYA BHAWAN BALIKA VIDYAPEETH

STUDY MATERIAL SCIENCE

CLASS-VI

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▶ Components of Food - (Revision)

Q1. Name the following:

- (a) The nutrients which mainly give energy to our body.
- (b) The nutrients that are needed for the growth and maintenance of our body.
- (c) A vitamin required for maintaining good eyesight.
- (d) A mineral that is required for keeping our bones healthy.

Q2. Name two foods each rich in:

- (a) Fats
- (b) Starch
- (c) Dietary fibre
- (d) Protein

Q3. Mark true or false :

- (a) By eating rice alone, we can fulfill nutritional requirement of our body,
- (b) Deficiency diseases can be prevented by eating a balanced diet.
- (c) Balanced diet for the body should contain a variety of food items.
- (d) Meat alone is sufficient to provide all nutrients to the body