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STUDY MATERIAL SCIENCE

CLASS-VI

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▸ Components of food Textbook - Exercise

1. Answer the questions.

- a. What are the main components of our food?
- b. How are carbohydrates useful for the body?
- c. Why is iron needed in our diet?
- d. Which food items provide roughage in our diet?
- e. What is a balanced diet?

2. Fill in the blanks.

_____ 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 _____.

3. Explain the terms.

a anaemia

b. roughage

c. carbohydrate

d. proteins

e deficiency diseases