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STUDY MATERIAL SCIENCE CLASS-VI

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▶ Components of Food - (Revision)

Q1. Name two foods each rich in:

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

Q2. Fill in the blanks:

- (a) _____ is caused by deficiency of Vitamin D. ,
- (b) Deficiency of _____ causes a disease known as beri-beri.
- (c) Deficiency of Vitamin C causes a disease known as _____ .
- (d) Night blindness is caused due to deficiency of _____ in our food.
- (e) The deficiency of _____ leads to weak bones.

Q2. What are nutrients? Name major nutrients.