

VIDYA BHAWAN BALIKA VIDYAPEETH

STUDY MATERIAL SCIENCE CLASS-VI

Date : 18/10/2020

Teacher : Poonam Kumari

▶ Components of food (Revision)

Q 1. Answer the following :

1. What are carbohydrates?
2. What are the functions of proteins?
3. What are nutrients? Name major nutrients.

Q2. Name various types of vitamins.

Q3. Name two sources of :

- (a) Vitamin A
- (b) Vitamin B
- (c) Vitamin C
- (d) Vitamin D