

VIDYA BHAWAN BALIKA VIDYAPEETH

STUDY MATERIAL SCIENCE

CLASS-VI

Date 25/07/2020

Teacher : Poonam Kumari

▶ REVISION / CH-2

Components of food

Q. Answer the following.

1. What are carbohydrates?
2. What is a balance diet? Write the components of balanced diet.
3. What are nutrients?

Q. Fill in the blanks with the words given.

Scurvy, Vitamin A, Rickets, Vitamin B1

- (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.

Q. Name two foods each rich in :

- (a) Fats
- (b) Starch
- (c) Protein