

VIDYA BHAWAN BALIKA VIDYAPEETH

STUDY MATERIAL SCIENCE

CLASS-VI

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▶ REVISION / CH- 2

Components of food

Q. Answer the following.

1. Name two energy providing foods.
2. Name two nutrient which helps in repairing the damaged body cells.
3. What are nutrients?
4. Name two food items which are rich in fat.
5. What are the functions of proteins?

Q. Fill in the blanks with the words given.

Vitamin A, rickets, Vitamin b1, scurvy

- (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. State 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.