

## CBSE Class 6 Science Worksheet

### Components Of Food

1. Define fat?
2. Write any two sources of food?
3. Fill in the blanks: Other than nutrients food also contains dietary \_\_\_\_ and water.
4. What are the sources of roughages?
5. What are energy giving foods?
6. What are symptoms of night blindness?
7. Where is cellulose present?
8. Fill in the blanks: \_\_\_\_ fibres help our body to get rid of undigested food and water helps absorbing nutrients from food.
9. Fill in the blanks: Diseases due to lack of nutrients over a long period are called \_\_\_\_
10. Write the name of any two major nutrients in our food?
11. Fill in the blanks: Goitre is caused due to deficiency of \_\_\_\_
12. Define Carbohydrate?
13. What are the symptoms of Goitre?
14. Why is roughage essential component of our food?
15. Sugar is a carbohydrate. Justify?

16. Fill in the blanks: Oil is rich in \_\_\_\_\_
17. Fill in the blanks: Deficiency diseases can be prevented by \_\_\_\_\_ diet.
18. Define Balanced diet?
19. Fill in the blanks: Ingredients of food contain \_\_\_\_\_
20. Fill in the blanks: Our body also prepares Vitamin D in the presence of \_\_\_\_\_.

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#### Answers

1. Fats are made up of carbon, hydrogen and oxygen. Eg: Butter, ghee, milk, egg - yolk, nuts and cooking oils.
2. Grams and Beans
3. fibres
4. Pulses, fruits, etc are sources of roughages.
5. Food containing fats and carbohydrates are called energy containing food.
6. Symptoms of Night blindness are- the poor vision, loss of vision in darkness.
7. Cellulose present in plant cell wall
8. Dietary
9. Deficiency diseases
10. Carbohydrates and protein.
11. Iodine
12. Carbohydrates are also called energy giving food. It is the main sources of energy. It is made up of carbon, hydrogen and oxygen.
13. Swelling in neck
14. Roughage is an essential component of our food and adds to its bulk as this helps our body to get rid of undigested food.
15. It is a simple carbohydrate having a sweet taste. Sources of sugar are glucose, sugarcane, milk and fruits. Eg: Banana, Apple, Grapes, etc.
16. fats
17. balance

18. The diet that contains all the nutrients in right quantities and it also contain a good amount of roughage and water is called a balanced diet.

19.  
Nutrients

20.  
Sunlight