

SCIENCE CASS VI WORKSHEET

LESSON: COMPONENTS OF FOODS

1. Which of the following is considered to be body building foods?  
a) Carbohydrates    b) proteins    c) Fats    d) Vitamins
2. Which of the following is produced in our body when the skin is exposed to sunlight?  
a) Vitamin D    b) Vitamin B    c) Vitamin A    d) Vitamin C
3. Which of the following foods is a good source of both calcium and phosphorus  
a) Fish    b) Carrots    c) Milk    d) Oranges
4. Which of the following minerals is necessary to make hemoglobin present in the red blood cells?  
a) Iodine    b) Red phosphorus    c) Iron    d) Sodium
5. One of the following is necessary for keeping gum and teeth health This is  
a) Vitamin B    b) Vitamin D    c) Vitamin A    d) Vitamin C
6. Iodine solution turns blue-black when added to a food X. The Food X is most likely :  
a) A piece of butter    b) a piece of bread    c) A cup of milk    d) A Boiled egg
7. A few drops of alkaline copper sulphate solution are added to some milk taken in a test-tube. The colour produced will be :  
a) Brown    b) Blue-Black    c) Yellow    d) Violet
8. Which of the following disease is not caused by a deficiency of minerals in the diet. This disease is :  
a) Anaemia    b) Goitre    c) Scurvy    d) Rickets
9. Which of the following will provide maximum roughage to your diet, if taken in equal mass ?  
a) Egg    b) Tomato    c) Cabbage    d) Wheat
10. A Child has bow legs (bent legs). He is suffering from the deficiency disease known as :  
a) Anaemia    b) Goitre    c) Scurvy    d) Rickets

SCIENCE CASS VI

SUBJECT: WORKSHEET

LESSON: FOOD: WHERE DOES IT COME FROM?

I. Identify the major ingredients used in preparing certain foods

Food Items	Major Ingredients
1. Chapatti 2. Vegetables Curry 3. Idly 4. Omelets 5. Pea Puloa	

Examples: Boiled rice : Rice, Water

II. Group the following animals as Herbivores, Carnivores, and Omnivores.

Buffalo, Cat, Frog, Lion , Tiger, Snake, Cow, Human Beings, Crow, House Lizard,  
Parrot, Squirrel, Sparrow, Ant, Butterfly