**CHIRANJIV BHARATI SCHOOL**

**SESSION- 2014-2015**

**CLASS-VI**

**TOPIC-COMPONENTS OF FOOD**

**1 Carbohydrates provide \_\_\_\_\_\_\_\_\_\_\_\_\_to the body for various activities**

a)energy b)shape c) protection d)roughage

**2 Deficiency disease of protein in the diet leads to:**

a)kwashiorkor b)goitre c)marasmus d)beri-beri

**3 We use iodine solution to test the presence of :**

a) starch b)sugar c)fibers d)fats

**4 Egg is a good source of:**

a)calcium b)iodine c)iron d)protein

**5 A child has retarded growth, a large pot-like belly and swollen face. The disease he might be suffering from is**

a)diabetes b)anaemia c)marasmus d)kwashiorkar

**6**.**PUZZLE AND QUIZ**

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| 3D |  |  | B |  |  |  |  |  |

**ACROSS**

1.Indigestion fibrous material(8)

2.Lack of it causes anaemia(4)

3Disease caused by excessive intake of sugar

**DOWN**

4.Caused by the deficiency of vitamin D.(7)

5.The body –building food components.(7)

6.Carbohydrates that gives blue colour with iodine solution.(6)

7.Abnormal growth of thyroid gland.(6)

8.Excessive fat deposition in the body.(7)

**7. Match the following**

1. Growth and repair of tissues A. Sugar

2 Glucose B. Marasmus

3. PEM C. Scurvy  
4.Vitamin C D. Protein

**8. Fill in the blanks-**

1. The energy-producing components of food is\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

2. Night blindness is caused due to deficiency of \_\_\_\_\_\_\_\_\_\_\_\_\_.

3. A diet containing all the nutrients in the required proportion is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

4.\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is essential for healthy development of bones and teeth.

5. Oxygen in the body is transported to the tissue by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**9. True or false**

1. Dietary fibers are also known as roughage. \_\_\_\_\_\_\_\_\_
2. Minerals are needed by our body in large quantity. \_\_\_\_\_\_\_\_\_\_\_
3. Our body prepares vitamin D in presence of sunlight. \_\_\_\_\_\_\_\_\_\_

**10. Define the following**

1Nutrients \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2 Balanced diet \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3 Deficiency diseases \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**11. Extra questions**

1Write the three groups of food and give examples.

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2 Write the test to show the presence of protein in any food item.

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3 Write the test to show the presence of starch in any food item.

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