

Assignment - 6 Class - VI

Subject - Science

Chapter - 2 (Components of food)

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(Components of food)

MCQ'S :

- Which of the following is a source of fat?
(a) Soyabean oil (b) apple (c) wheat (d) None
- for protein test, _____ solution we add along with caustic soda solution.
(a) Copper sulphate (b) Magnesium sulphate
(c) Calcium sulphate (d) Iodine
- Which of the following food items shows a positive starch test?
(a) butter (b) egg (c) rice (d) Oil
- Obesity is due to excessive intake of
(a) protein (b) fats (c) minerals (d) vitamins
- Spongy and bleeding gums are symptoms of
(a) beriberi (b) scurvy (c) rickets (d) night blindness
- Which vitamin is essential for proper vision in darkness?
(a) Vit D (b) Vit A (c) Vit C (d) Vit B

Answers :- 1 (a), 2 (a), 3 (c), 4 (b), 5 (b), 6 (b)

B fill in the blanks :

1. Carbohydrate and fats provides us energy.
2. Carrot is a rich source of vitamin A.
3. The diet that contains all components of food in required amount is called balanced diet.
4. The diet that contains all components of food in not proper amount called unbalanced diet.
5. Excessive loss of water from body tissue called dehydration.
6. fibrous indigestible material in food called roughage.