

Assignment - 7 Class - VI

Subject - Science

Chapter - 2 (Components of food)

Class - VI

Assignment - 6, Subject - Science

Ch-2 (Components of food)

(c) Match the column :-

Column A	Column B
1. Fluorine	(a) beriberi
2. Iron	(b) rickets
3. Vitamin B ₁	(c) Kwashiorkor
4. Protein deficiency	(d) dental caries
5. Vitamin D	(e) anaemia

Ans :- 1 (d), 2 (e), 3 (a), 4 (c), 5 (b)

(D) Q./Ans :-

Q.1. Name two food items that are rich in

(a) Phosphorus (b) Calcium.

Ans. (a) Phosphorus :- Milk, cheese.

(b) Calcium :- Milk, eggs.

Q.2. Name two source of roughage.

Ans. Fruits, corn.

Q.3. Which minerals is essential for the formation of bones and teeth?

Ans. Calcium.

Q.4. Which component of food plays an important role in transporting substances and nutrients inside our body?

Ans. Water.

Q.5. Name one source of iodine.

Ans. Spinach.