



INDIAN SCHOOL AL BURAIMI
BIOLOGY WORKSHEET

STD: VI
NAME:

DATE:
WORKSHEET 2

CHAPTER 2 COMPONENTS OF FOOD

FILL IN THE BLANKS

1. The main carbohydrates found in our food are in the form of _____ and _____.
2. Carbohydrates and fats provide _____ to our body.
3. Foods containing carbohydrates and fats are also called _____ giving foods.
4. Foods containing proteins are often called _____ foods.
5. Vitamin _____ gets easily destroyed by heat during cooking.
6. Over eating fat rich food leads to _____
7. Deficiency diseases can be prevented by taking a _____ diet.
8. _____ help in protecting our body against diseases.

NAME THE FOLLOWING

1. Two sources of carbohydrates. _____
2. Two sources of fats _____
3. Two sources of protein _____
4. Two sources of vitamin C _____
5. Disease caused due to deficiency of iron _____
6. Disease caused due to deficiency of vitamin A _____
7. Disease caused due to deficiency of iodine _____

TRUE OR FALSE

1. Dietary fibres 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. _____

DEFINE THE FOLLOWING

1. Nutrients

2. Balanced diet

3. Deficiency diseases

DISTINGUISH BETWEEN

Proteins	Fats

Q. Who needs more carbohydrates – a labourer or a computer operator? Why?

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Q. Which category of people should eat more proteins – Old people or school- going children? Why?

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Q. The doctor advised Ravi to take more pulses and sprouts in his daily meal. Why would he say so?

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Q. Mom asks you to eat more carrots and beetroots. How would they help you?

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