

Class-VI

L-2

Components of Food

- 1) Fill in the blank .
 - i) Food ingredients contain some components that are needed by our body. These components are needed by our body. These components are called _____.
 - ii) Starch and sugars are source of _____ .
 - iii) Ground nut is rich in _____.
 - iv) Pulses and soyabean are source of _____.
 - v) The diet rich in all the nutrients is called _____.
 - vi) Disease that occur due to lack of nutrients over a long period are called _____.

- 2) Match the column.

A	B
Vitamin/ Mineral	Deficiency Disease
A	Beriberi
B	Bone and tooth decay
C	Rickets
D	Anaemia
Iodine	Scurvy
Calcium	Goiter
Iron	Loss of vision

- 3) Define Obesity ?

.....

.....

- 4) What is roughage ?

.....

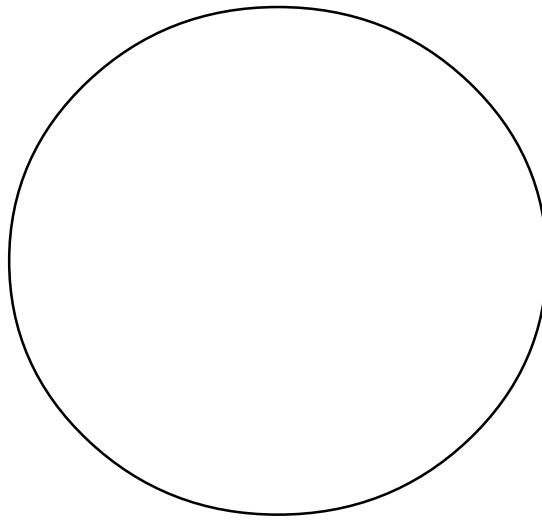
.....

- 5) Define Balanced Diet ?

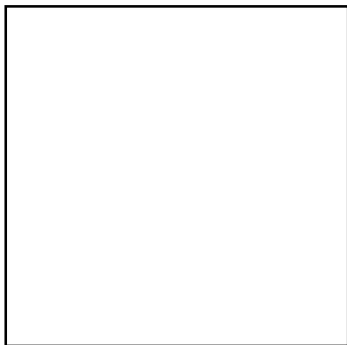
.....

.....

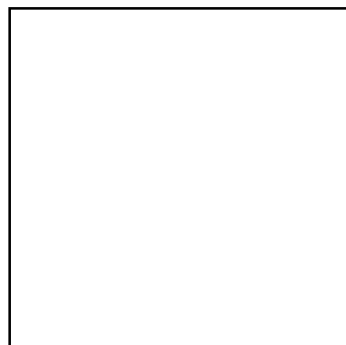
6. Draw some sources of carbohydrates.



7. Draw some plant and animal sources of protein.



Plant Source
(Proteins)



Animal Source
(Proteins)

- 8) Tick (✓) the statements that are correct.
1. Protein is a body building food.
 2. Vitamin C gets easily destroyed by heat during cooking.
 3. Our body does not need dietary fibre and water.