



DOON PUBLIC SCHOOL

Shivpuri Link Road , Gwalior

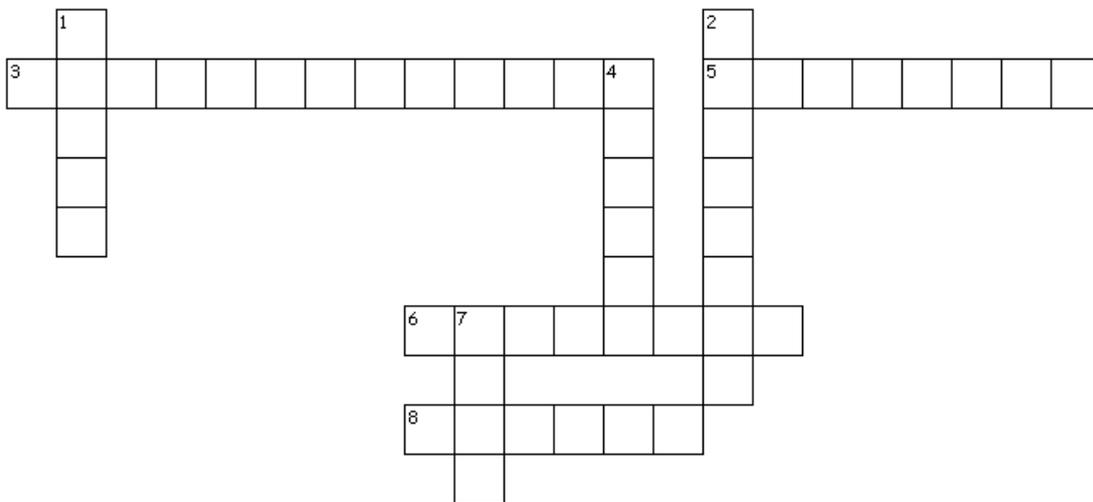
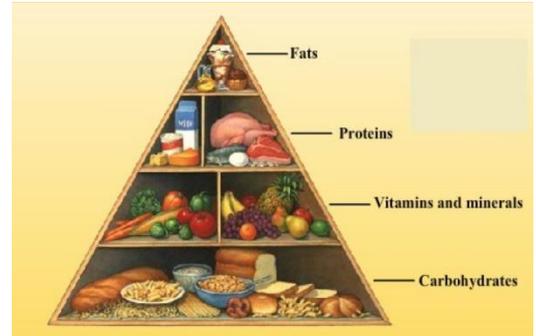
Session : 2021 -2022

Holiday Assignment (1)

Subject – Science

Class – VI

Components of Food



Across

3. They are oxidized in the body into simple sugars like glucose.
5. They are also known as Dietary fibres
6. They are chemical substances that help in maintaining a healthy body
8. Proper functioning of thyroid gland.

Down

1. It protects us from dehydration.
2. They act as building blocks and serve as materials helping in growth and repair of the body cells and tissues.
4. It is required to carry nerve impulses in the body
7. it is required for Formation of haemoglobin in red blood cells.

FINISH