



DOON PUBLIC SCHOOL

Shivpuri Link Road , Gwalior

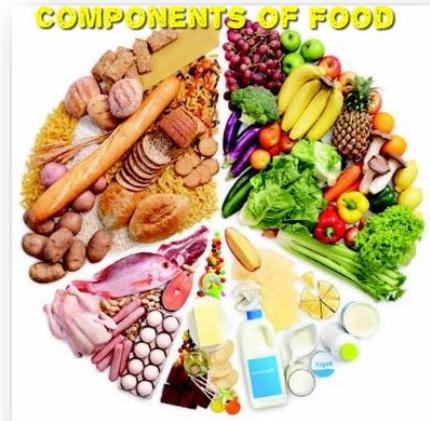
Session : 2021 -2022

Holiday Assignment (2)

Subject – Science

Class – VI

Components of Food



Q1. Fill in the Blank

1. Sea Food is a rich source of _____.
2. _____ helps in protecting our body against diseases.
3. A solution of _____ and Caustic Soda is used to detect the presence of proteins.
4. Food containing _____ are often called the body building foods.
5. vitamin _____ keeps our skin healthy.
6. _____ is essential for forming haemoglobin in the blood.
7. Wounds take longer time to heal when we have deficiency of _____.
8. _____ for the body should contain a variety of food items.

Q2. State True or False

- (a) Deficiency of Iron causes Anaemia.
- (b) Vitamin D helps in clotting of blood
- (c) Deficiency of Vitamin C Causes Scurvy.
- (d) Carbohydrates and fats mainly provide energy to our body.
- (e) Some nutrients get lost in the process of cooking.
- (f) Dietary fibres are also known as roughage.

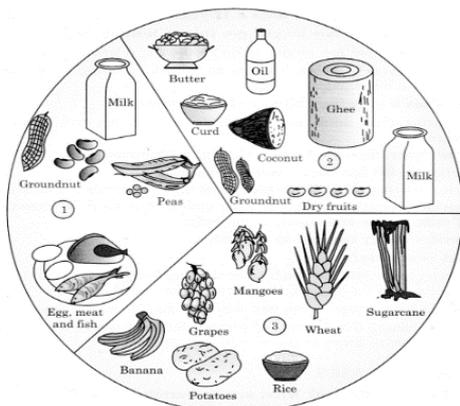


Fig. 2.6. Different food items

FINISH