BAL BHARATI PUBLIC SCHOOL

GANGA RAM HOSPITAL MARG

FORMATIVE ASSESSMENT NO: 2

SUBJECT: SCIENCE

CLASS - VI

ASSIGNMENT NO: 2

CHAPTER – COMPONENTS OF FOOD

Q1. Fill in the blanks:	
1. Protective food includes and	
2. Sea food is a rich source of	
3. Proper functioning of our digestive system is due to the presence ofour diet.	ir
4 is caused due to the deficiency of Vit-D	
5. Loss of vision or night blindness is caused due to the deficiency ofdiet.	in our
6. Over eating of fried and fatty food items causes	
Q2. Complete the following table:	

DEFICIENCY DISEASE	NUTRIENT	2 SOURCES OF NUTRIENT
SCURVY		
ANAEMIA	IRON	
	CALCIUM	

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Q3. Give one word for each of the following:		
1. Deficiency of which mineral is responsi	ible for causing goiter	
2. Jaggery is a good source of	•	
3. Deficiency of which mineral is responsi	ble for causing Beriberi	
4. Deficiency of which nutrient makes a phair	erson have stunted growth & discoloration of	
Q4. Choose the correct answer:		
1. The component of food that has no nut	tritive value is:	
a) Vitamins	b) Carbohydrates	
c) Proteins	d) Roughage	
2. Butter & Ghee are the major sources of:		
a) Fats	b) Minerals	
c) Proteins	d) Roughage	
3. Which mineral is required for the formation	ation of haemoglobin:	
a) Phosphorus	b) Iodine	
c) Iron	d) Calcium	
Q5.Karan had junk fried food at Mc Dona	ald's .After sometime he developed stomachache and	

burning sensation in the chest. He took an antacid tablet which gave him relief soon after. What

do you think was the cause of Karan's stomachache?