

**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 of \_\_\_\_\_ in our diet.
4. \_\_\_\_\_ is caused due to the deficiency of Vit-D
5. Loss of vision or night blindness is caused due to the deficiency of \_\_\_\_\_ in our diet.
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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