



SACRED HEART SCHOOL

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Website: <http://www.sacredheartkoderma.org/>

Science

Class – VI



A. VERY SHORT ANSWER TYPE QUESTIONS

1. What are nutrients ?
2. What is dehydration ?
3. Name four minerals needed by our body ?
4. Deficiency of which vitamin causes rickets ?
5. Name two diseases caused by protein-energy malnutrition.

SHORT ANSWER TYPE QUESTIONS

1. Name the components of food which are considered as energy-giving. Give their example.
2. Name the factors on which the energy requirement of a person depends.
3. What is the importance of water in our body ?
4. Which of the following give more nutrients and why ?
 - (a) Chapatties of wheat flour or burger
 - (b) Noodles or dalia
 - (c) Fruit juices or aerated soft-drinks
5. What is the role of minerals in our body ?
6. Complete the given flow chart :

