



SACRED HEART SCHOOL

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

Science

Class – VI

C. LONG ANSWER TYPE QUESTIONS

- Describe the roles of the following in our body :
(a) Carbohydrates (b) Proteins (c) Water (d) Roughage
- What is meant by a balanced diet? Mention three precautions to be practiced to preserve the nutritive value of food.
- Describe a test for detecting the presence of starch in a food sample.
- What are the deficiency diseases? What happens when a person's diet lacks in
(a) carbohydrate (b) protein?
- What is the role of minerals in our body? Name a disease caused by the deficiency of
(a) iron (b) iodine (c) calcium

D. CHOOSE THE CORRECT ANSWER

- Glucose, starch and cellulose are the types of
(a) minerals (b) vitamins
(c) carbohydrates (d) proteins
- Obesity is caused due to excessive intake of
(a) minerals (b) carbohydrates and fats
(c) vitamins (d) water and roughage
- Scurvy is caused due to deficiency of
(a) vitamin A (b) vitamin B
(c) vitamin C (d) vitamin D
- Anaemia is a common disease caused due to the deficiency of
(a) phosphorous (b) calcium
(c) sodium (d) iron
- The indigestible component of food is
(a) water (b) roughage
(c) minerals (d) vitamins
- Sea-foods are rich in
(a) iron (b) phosphorous
(c) iodine (d) sulphur
- Carbohydrate in our food products is present in form of
(a) fat (b) protein
(c) glucose (d) starch
- The component of food responsible for the growth and repair of our body is
(a) carbohydrate (b) fat
(c) vitamin (d) protein

E. FILL IN THE BLANKS

- The deficiency of _____ causes night blindness.
- _____ helps to repair wear and tear tissues of our body.
- _____ are required in small amount by our body.