

SCIENCE

CLASS 6 – REVISION – 27/5/2021

CHAPTER 2- COMPONENTS OF FOOD

1. The main Carbohydrates found in our food are
 - a. Fats and starch
 - b. Starch and sugars
 - c. Protein and sugars
 - d. Sugar and fats

2. The major nutrients in our food are
 - a. Proteins, carbohydrates, minerals, roughage and vitamins
 - b. Proteins, fats, water, carbohydrates and vitamins
 - c. Proteins, fats, carbohydrates, vitamins and roughage
 - d. Proteins, carbohydrates, fats, vitamins and minerals

3. A food item is usually made up of ----- which we get from plants or animals.

- a. Just one ingredient
 - b. Just two ingredients
 - c. One or more ingredients
 - d. More ingredients
4. Ingredients contain some components that are needed by our body. These components are called
- a. Food
 - b. Sources
 - c. Nutrients
 - d. Minerals
5. The components of food that do not provide any nutrients to our body but is/are essential
- a. Water
 - b. Water and salt

- c. Water and Roughage
 - d. Roughage
6. A food sample is taken in a test tube and a few drops of Iodine solution are added to it. This test is intended to test the presence of
- a. Proteins
 - b. Fats
 - c. Sugars
 - d. Starch
7. Carbohydrates can be tested by using
- a. Iodine solution
 - b. Copper sulphate
 - c. Caustic soda
 - d. Sodium hydroxide

8. Given below are the steps to test the presence of starch in the given food item.

- i) The colour change confirms the presence of starch in the given food sample.
- ii) Take a small quantity of a raw ingredient.
- iii) Observe the change in colour
- iv) Add 2 -3 drops of Iodine solution on it.

Which of the following is the correct sequence of steps?

- a. i, ii, iii, iv
- b. iv, iii, ii, i
- c. ii, iii, iv, i
- d. ii, iv, iii, i

9. Choose the correct statement

- a. All foods contain all the nutrients.
- b. We get ingredients for a meal only from plants.

- c. Our meals usually have at least one item made of some kind of grain.
 - d. The food tests can be conducted only on cooked food items.
10. When Iodine drops are added to the food sample the colour of the sample changes to
- a. Blue
 - b. Black
 - c. Blue black
 - d. Brown