

SCIENCE

REVISION- PMT– CLASS -6

1. A diet is said to be balanced, when it -----

- Has all the nutrients in right quantities
- Has all nutrients except water and roughage
- Contains more vitamins and minerals
- Can cause Obesity

2. Which among the following gets easily destroyed by heat while cooking?

- Iodine
- Vitamin C
- Carbohydrates
- Proteins

3. Bones become soft and bent in

- Obesity
- Rickets
- Scurvy
- Beriberi

4. Goiter is caused due to the deficiency of

A mineral

A vitamin

Fat

Roughage

5. Which among the following is a symptom of Scurvy?

Poor vision

Weakness

Mental disability in children

Wounds take longer time to heal

6. Weak muscles and very little energy to work are the symptoms of

Goiter

Anaemia

Beriberi

Protein deficiency disease

7. A person can become lean, thin and weak if his diet is deficient in

Vitamin A

Carbohydrates and proteins

Proteins
Fats and vitamins

8. Cooking can

Improve the taste of food
Make it easier to digest
Result in the loss of certain nutrients
All of these

9. Rahul visited the dentist because of tooth decay. He was advised to consume some food items to recover from his present condition. Choose the right option for him.

Lettuce
Chocolates
Milk
Cereals

10. Why are fermented foods and a combination of flours are preferred over other foods?

Cooking is not required
They contain more fat
They provide many nutrients.
They have more vitamins.

