



Sri Vidyaniketan Public School – Sriramnagar

Subject: physics

Topic: FOOD AND ITS COMPONENTS

Class: 6th

WORKSHEET

I. Multiple choice questions.

1. Animals provide us with:

- a) meat b) milk c) eggs d) all of these

2. Which one of the following is an energy giving component?

- a) Protein b) Vitamins and minerals
c) Roughage d) Carbohydrates and fats

3. Vitamins and minerals are

- a) protective food b) energy giving food
c) body building food d) None of these

4. Scurvy is caused due to the deficiency of

- a) vitamin A b) vitamin B
c) vitamin C d) vitamin D

5. Which of the following food items contains carbohydrates?

- a) Rice b) Gram
c) Cabbage d) Pulses

II. Fill in blanks.

1. A cow eats only plant products and so it is called a _____. (Herbivore, Carnivore, Omnivore)
2. The edible plant part in spinach is the _____. (Leave, Stem, Root)
3. Pumpkin is the _____ (Root, Stem, Flower) of a plant which is used as vegetable.
4. A solution of _____ (copper sulphate, iodine) and Caustic Soda is used to detect the presence of proteins.
5. _____ (vitamins, proteins, minerals) helps in protecting our body against diseases.

III. Match the items given in Column A with that in Column B.

Column A

Milk, curd, paneer, ghee

Spinach, cauliflower, carrot

Lions and tigers

Herbivores

Column B

eat other animals

eat plants and plant products

are vegetables

are all animal products