



ERA International School

Live Worksheet- 2021-22

Std: 6th

Sub: Science

Date: 27-09-21

Topic: Vitamins , & Minerals (Page – 16 - 17) Lecture- 3

Fill in the blanks

1. Vitamin,, & are fat-soluble vitamins.
2. Iron is essential for formation of..... in blood.
3. Mineral helps to prevent goitre.
4. Calcium is essential for &
5. and nutrients are called protective food.

Q2. Match the following

Column – A

Column- B

- | | |
|--------------|-----------------------------|
| 1. Vitamin A | keep skin healthy |
| 2. Vitamin C | for clotting blood |
| 3. Vitamin E | make bones and teeth strong |
| 4. Vitamin K | keeps eyes & skin healthy |
| 5. Vitamin D | for healthy gums and teeth |