

COMPONENTS OF FOOD WORKSHEET

GRADE – 6 SCIENCE

FILL IN THE BLANKS:-

- A. _____ are useful substances that our body needs in order to grow and stay healthy.
- B. Carbohydrates provide us _____
- C. _____ help us to grow.
- D. _____ contain much more energy than carbohydrates.
- E. _____ keeps our eyes and skin healthy.
- F. _____ is the mineral that makes our bones and teeth strong.
- G. Food rich in vitamins and minerals are called _____.
- H. Cooking in too much water destroy _____.

