

CBSE Class 6 Science Components Of Food Worksheet Questions

1. Deficiency of which nutrient causes Goitre?

Ans : _____

2. Give examples of 2 food that you can eat to avoid night blindness?

Ans : _____

3. Potato contains starch. How will you prove it?

Ans : _____

4. How is fibre important to your body?

Ans : _____

5. Explain any 2 roles of proteins in our body?

Ans : _____

6. To whom proteins are mostly required? Give any 2 examples.

Ans : _____

7. Fats can be solid or liquids. Give any 2 examples of each.

Ans : _____

8. What is the role of stored fat in our body?

Ans : _____

9. List any 3 vitamins and name the deficiency diseases that they can cause?

Ans : _____

10. Name the mineral which makes up your blood. What can you eat to prevent its deficiency. (Name any 2 foods)

Ans : _____