SCIENCE

CLASS 6 – REVISION – 27/5/2021

CHAPTER 2- COMPONENTS OF FOOD

1. The main Carbohydrates found in our food are

   a. Fats and starch

   b. Starch and sugars

   c. Protein and sugars

   d. Sugar and fats

2. The major nutrients in our food are

   a. Proteins, carbohydrates, minerals, roughage and vitamins

   b. Proteins, fats, water, carbohydrates and vitamins

   c. Proteins, fats, carbohydrates, vitamins and roughage

   d. Proteins, carbohydrates, fats, vitamins and minerals

3. A food item is usually made up of ---------- which we get from plants or animals.

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a. Just one ingredient

b. Just two ingredients

c. One or more ingredients

d. More ingredients

4. Ingredients contain some components that are needed by our body. These components are called

   a. Food

   b. Sources

   c. Nutrients

   d. Minerals

5. The components of food that do not provide any nutrients to our body but is/are essential

   a. Water

   b. Water and salt

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c. Water and Roughage

d. Roughage

6. A food sample is taken in a test tube and a few drops of Iodine solution are added to it. This test is intended to test the presence of

a. Proteins

b. Fats

c. Sugars

d. Starch

7. Carbohydrates can be tested by using

a. Iodine solution

b. Copper sulphate

c. Caustic soda

d. Sodium hydroxide

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8. Given below are the steps to test the presence of starch in the given food item.

   i) The colour change confirms the presence of starch in the given food sample.

   ii) Take a small quantity of a raw ingredient.

   iii) Observe the change in colour

   iv) Add 2 -3 drops of Iodine solution on it.

Which of the following is the correct sequence of steps?

a. i, ii, iii, iv

b. iv, iii, ii, i

c. ii, iii, iv, i

d. ii, iv, iii, i

9. Choose the correct statement

   a. All foods contain all the nutrients.

   b. We get ingredients for a meal only from plants.

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c. Our meals usually have at least one item made of some kind of grain.

d. The food tests can be conducted only on cooked food items.

10. When Iodine drops are added to the food sample the colour of the sample changes to

a. Blue

b. Black

c. Blue black

d. Brown

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