

CLASS-VI CHAPTER -1 FOOD: WHERE DOES IT COME FROM?

1. Why does our body need food?
2. Why are animals and plants important for us?
3. What are the main sources of food?
4. What are called edible parts of the plants?
5. Give any one use of honey?
6. Flesh eating animals are called _____.
7. Plant eating animals are called _____.
8. _____ and _____ are the two plants with more than one edible parts .

CHAPTER : 2 COMPONENTS OF FOOD.

1. Food contains _____ and _____ are called energy giving foods.
2. _____ and _____ are the two forms of carbohydrate in food.
3. Dietary fibres are otherwise called as _____.
4. Scurvy is caused due to the deficiency of _____ in our diet.
5. _____ is caused due to the deficiency of iodine.
6. _____ and _____ are the chemicals used to test proteins.

7. The vitamin prepared by our body in the presence of sunlight is _____.
8. Write the role of roughage in our body?

9. How can we prevent the deficiency diseases?

10. Repeated washing of pulses and cereals should be avoided .Give reason?

11. Give the name of five nutrients present in milk?

12. What are the functions of water in our body?

13. What is the harmful effect of using excess fatty foods?

14. What are the symptoms developed due to beriberi and rickets?

15. What are the symptoms developed due to the deficiency of proteins?

16. Define nutrients .What are the various nutrients present in food?