

Class: VI
Subject: Biology
Topic: Components of food
No. of Questions: 25

- Q1. What is Nutrients?
- Q2. What are major components of foods?
- Q3. What are major nutrients of foods?
- Q4. What are fats? What are its types?
- Q5. How fats are use full to us?
- Q6. why we do not eat excess fats?
- Q7. How can you test presence of starch in food?
- Q8. How can you test presence of sugar in food?
- Q9. Why proteins are called body building foods?
- Q10. What are two types of proteins?
- Q11. What are vitamins?
- Q12. Why do deficiency diseases occur?
- Q13. Which mineral help in building of bones and teeth
- Q14. Which disease is caused due to deficiency of iron?
- Q15. What are the symptoms of rickets?
- Q16. Why should we do not wash vegetable after cutting them?
- Q17. How can you prepare ORS with sugar and salts?
- Q18. Deficiency of which nutrients make a person thin and weak and causes stunted growth?

- Q19. Name the following:
- A. The nutrients which mainly give energy to our body.
 - B. The nutrients that are needed for the growth and maintenance of our body.
 - C. A vitamin required for maintaining good eyesight.
 - D. A mineral that is required for keeping our bones healthy.
- Q20. Name the two foods each rich in
- A. Fat
 - B. Starch
 - C. Dietary fibre
 - D. Protein
- Q21. Which of the following is a protective food?
- A. Milk
 - B. Oils & fats
 - C. Fruits
 - D. Cereals
- Q22. Goitre : swelling of thyroid glands occurs due to the deficiency of _____.
- A. Iron
 - B. Potassium
 - C. Phosphorus
 - D. Iodine
- Q23. Which of the following nutrients is not present in milk?
- A. Protein
 - B. Vitamin C
 - C. Calcium
 - D. Vitamin D
- Q24. Our body prepares which type of vitamin in the presence of sunlight?
- A. Vitamin A
 - B. Vitamin B
 - C. Vitamin D
 - D. Vitamin K

- Q25. _____ is essential for forming hemoglobin in the blood.
- A. Calcium
 - B. Iron
 - C. Phosphorous
 - D. Magnesium

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