# Class-VI
# L-2
## Components of Food

1) Fill in the blanck .

i) Food ingredients contain some components that are needed by our body. These components are needed by our body. These components are called _____.

ii) Starch and sugars are source of _____ .

iii) Ground nut is rich in ._____.

iv) Pulses and soyabean are source of _____.

v) The diet rich in all the nutrients is called ._____.

vi) Disease that occur due to lack of nutrients over a long period are called_____.

2) Match the coloum.

| A | B |
|---|---|
| Vitamin/ Mineral | Deficiency Disease |
| A | Beriberi |
| B | Bone and tooth decay |
| C | Rickets |
| D | Anaemia |
| Iodine | Scurvy |
| Calcium | Goiter |
| Iron | Loss of vision |

3) Define Obesity ?

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4) What is roughage ?

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5) Define Balanced Diet ?

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6. Draw some sources of carbohydrates.

7. Draw some plant and animal sources of protein.

Plant Source
(Proteins)

Animal Source
(Proteins)

8) Tick (✓) the statements that are correct.

1. Protein is a body building food.
2. Vitamin C gets easily destroyed by heat during cooking.
3. Our body does not need dietry fibre and water.



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