



Test / Exam Name: Components Of Food

Standard: 6th

Subject: Science

Student Name:

Section:

Roll No.:

Questions: 17 | Time: 01:00 hh:mm | Marks: 30

SECTION-A

- Q1.** Which of the following classes of food is present in pulses? **1 Mark**
A Vitamins. B Fats. C Carbohydrates. D Proteins.
- Q2.** Diseases caused due to the deficiency of vitamins are known as **1 Mark**
A Dietary diseases. B Chronic diseases. C Deficiency diseases. D Transmitted diseases.
- Q3.** The bones become soft and bend easily due to the deficiency of: **1 Mark**
A Vitamin C. B Vitamin D. C Vitamin A. D Vitamin B.
- Q4.** Write the name of any two major nutrients in our food? **1 Mark**
- Q5.** Eating too much of fats may lead to a disease called? **1 Mark**
A Obesity B Scurvy C Rickets D Beri-beri
- Q6.** Find the odd one out. **1 Mark**
A Maize. B Sugarcane. C Grass. D Cotton.
- Q7.** Fill in the blanks. **1 Mark**
Night blindness is caused due to deficiency of _____ in our food.
- Q8. Assertion(A):** Foods containing proteins are called body building foods. **1 Mark**
Reason(R): Paneer is a plant source of protein.
A Both A and R are true and R is the correct explanation of A. B Both A and R are true but R is not the correct explanation of A.
C A is true but R is false. D A is false but R is true.

SECTION-B

- Q9.** What is roughage? Why its presence in our food is important? **2 Marks**
- Q10.** 'Water does not provide nutrients, yet it is an important component of food.' Explain? **2 Marks**
- Q11.** What is the effect of protein deficiency on the health of children? **2 Marks**
- Q12.** Read the items of food listed below. Classify them into carbohydrate rich, protein rich and fat rich foods. **2 Marks**
Moong dal, fish, mustard oil, sweet potato, milk, rice, egg, beans, butter, buttermilk (chhachh), cottage cheese (paneer), peas, maize, white bread
- Q13.** Name the different food groups. **2 Marks**

SECTION-C

- Q14.** Tasty food is not always nutritious and nutritious food may not always be tasty to eat. Comment with examples. **3 Marks**
- Q15.** Boojho was having difficulty in seeing things in dim light. The doctor tested his eyesight and prescribed a particular vitamin supplement. He also advised him to include a few food items in his diet. **3 Marks**
1. Which deficiency disease is he suffering from?
2. Which food component may be lacking in his diet?
3. Suggest some food items that he should include in his diet.
- Q16.** 'Minerals and vitamins are needed in very small quantities by our body as compared to other components, yet, they are an important part of a balanced diet.' Explain the statement. **3 Marks**
- Q17.** Which of the following food items does not provide any nutrient? **3 Marks**
Milk, Water, Orange, juice, Tomato soup