



**INDIAN SCHOOL MUSCAT**  
**DEPARTMENT OF SCIENCE**

**SUBJECT: SCIENCE**

**Revision Worksheet No: 10**

**TOPIC: COMPONENTS OF FOOD**

**STD : 6**

**Coordinating Staff: Ms.Sojitha Nair**

**Date of Issue: \_\_ / \_\_ / 17**

Name of the student: \_\_\_\_\_ Class 6 \_\_\_ Roll No: \_\_\_

**1. ANSWER THE FOLLOWING**

1. What is the importance of water in our body?

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2. Write two functions of vitamins.

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3. Why proteins are called building blocks of our body?

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4. Why is roughage essential component of our food?

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5. People who eat sea food will not suffer from goiter. Explain.

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6. Soham was having difficulty in seeing things clearly in dim light. The doctor tested his eye sight and prescribed a particular vitamin supplement.

(i) Which deficiency disease he is suffering from?

(ii) Which food component he is lacking from his diet?

(iii) Suggest some food items that he should include in his diet? (four points)

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7. What are deficiency diseases? Give two examples.

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8. How will you test for the presence of proteins in a food item?

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9. How fats are useful to us? Why we do not eat excess fat?

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10. What are the symptoms of Rickets?

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