



**INDIAN SCHOOL MUSCAT
MIDDLE SECTION**



SUBJECT: SCIENCE

REVISION WORKSHEET #10

TOPIC: COMPONENTS OF FOOD

STD: VI

RESOURCE PERSON: MS.KAVITHA SAJU

DATE: / 11 /18

Name of the Student: _____ **Sec:** _____ **Roll No** _____

Q.1. Give two examples of food sources rich in phosphorous and calcium.

Q.2. Why are water and roughage said to be essential components of food?

Q.3. Even though fats are more energy rich sources as compared to carbohydrates, why is it advised to be consumed in minimum amounts in our daily diet?

Q.4. How will you test presence of carbohydrates in a food item?

Q.5. It is important to include raw vegetables in our daily diet. Justify this statement.

Q.6. Sneha is suffering with stunted growth and skin diseases. The doctor has advised her to eat dals, eggs and milk on regular basis.

a. Which food component is lacking from her diet for a long period?

b. What are the other probable symptoms of this deficiency?

Q.8. What are the two ways in which loss of nutrients occurs from any food item, before cooking it? Also suggest ways to prevent this loss effectively.

Q.7. Complete the following table of deficiency of vitamins and minerals.

Sr No	Vitamin/ Minerals	Deficiency disease/disorder	Symptoms
1		Anaemia	
2	Vitamin D		
3		Goiter	
4			Bleeding gums, wounds take longer time to heal
5	Vitamin B1		