

Pt. Yad Ram Sec Public School
Thana Road, Bhajanpura, Delhi - 53
Class - VI
Subject - Science
Ch - 3
WORKSHEET

A. Multiple Choice Questions :

1. Which of the following is an energy giving nutrient ?
a) Vitamins b) Carbohydrate c) Minerals d) Water
2. Deficiency of iodine causes :
a) Anaemia b) Scurvy c) Goitre d) Rickets
3. Which of the following is a source of vitamin A ?
a) Carrot b) Rice c) Sugar d) Salt
4. Which of the following helps to prevent constipation ?
a) Dietary fibre b) Fat c) Sugar d) Protein
5. Which of the following is part of modern culinary practices ?
a) Sil batta b) Chulha c) Mixer grinder d) All of these

B. Short Question Answer :

- Q1. Write any two functions of water.
Q2. What are deficiency diseases? Give one example.
Q3. Why do we need carbohydrates?

C. Long Question Answer :

- Q1. Explain any four nutrients required by our body.
Q2. What steps can we take to avoid food wastage? Explain.