



Grade 6

Ln 2 - Components of food

Date:

Question Bank

1. Which are the nutrients essential for our body?
2. What is nutrition?
3. Write the functions of food.
4. Why does our body need nutritious food?
5. Name the different food groups.
6. How will you test for protein in a food sample?
7. What are the main carbohydrates found in our food?
8. Name two nutrients which protect the body from diseases.
9. Name two food items which provide fats.
10. What do various nutrients do for our body?
11. Name the food each rich in:
 1. dietary fibre
 2. Sugar
 3. Protein
 4. starch
 5. fat and oil.
12. Name the food needed:
 1. for strong bones and teeth
 2. to prevent scurvy
 3. to avoid constipation
 4. for warmth
 5. for growth.