



**Subject:** Science

**Worksheet 1**

**Date:**

**Chapter: Components of Food**

**A. Name the following:**

1. The nutrients which mainly give energy to our body.
2. The nutrients that are needed for the growth and maintenance of our body.
3. A vitamin required for maintaining good eyesight.
4. A mineral that is required for keeping our bones healthy.

**B. Name two foods each rich in:**

1. Fats .....
2. Starch .....
3. Dietary fibre .....
4. Protein .....
5. Carbohydrate.....

**C. Fill In The Blanks:**

1. .... is caused by deficiency of Vitamin D.
2. Deficiency of ..... causes a disease known as beri-beri
3. Deficiency of vitamin C causes a disease known as .....
4. Night-blindness is caused due to deficiency of ..... in Our food.
5. Our food contains several components known as .....
6. Fats contain ..... oxygen as compared to .....

**D. Tick the Correct Option:**

1. Vitamins are essential for the body to:  
(a) supply energy    b) make new cells    c) protect it from diseases    d) grow fast
2. Which one of the following constitutes balanced diet?  
a) Roti, rice, dal, vegetables, pickle    b) Parantha, butter, curd, egg, fruits  
c) Rice, samber, idle, pickle, fruits    d) Roti, dal, salad, vegetables
3. Goitre occurs due to the deficiency of :  
a) chlorine    b) potassium    c) iodine    d) iron
4. Our hair and nails contain :  
a) calcium    b) phosphorus    c) fluorine    d) proteins
5. Glucose and fructose are  
a) starches    b) fats    c) sugars    d) none of these

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**Worksheet 2**

**Date:**

**Chapter: Components of Food**

**A. State True or False**

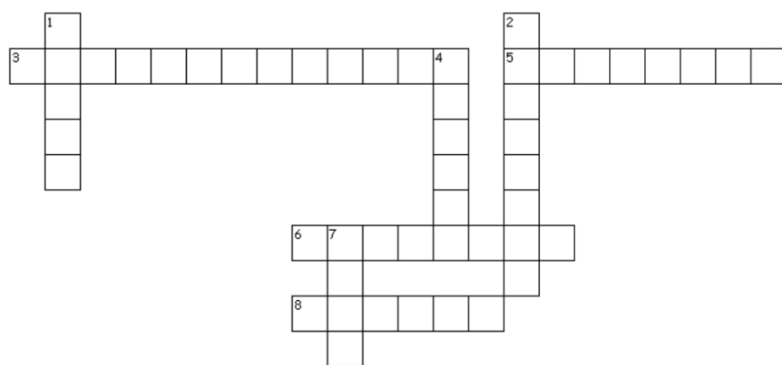
1. Deficiency of Iron causes Anaemia
2. Vitamin D helps in clotting of blood
3. Deficiency of Vitamin C Causes Scurvy
4. Carbohydrates and fats mainly provide energy to our body.

5. Some nutrients get lost in the process of cooking

**B. Fill in the Blank**

1. Sea Food is a rich source of \_\_\_\_\_.
2. \_\_\_\_\_ helps in protecting our body against diseases.
3. A solution of \_\_\_\_\_ and Caustic Soda is used to detect the presence of proteins.
4. Food containing \_\_\_\_\_ are often called the body building foods.
5. vitamin \_\_\_\_\_ keeps our skin healthy.
6. \_\_\_\_\_ is essential for forming haemoglobin in the blood.
7. Wounds take longer time to heal when we have deficiency of \_\_\_\_\_.

**C. Complete the crossword puzzle.**



**Across**

3. They are oxidized in the body into simple sugars like glucose.
5. They are also known as Dietary fibres
6. They are chemical substances that help in maintaining a healthy body
8. Proper functioning of thyroid gland.

**Down**

1. It protects us from dehydration.
2. They act as building blocks and serve as materials helping in growth and repair of the body cells and tissues.
4. It is required to carry nerve impulses in the body
7. it is required for Formation of haemoglobin in red blood cells.