

Class 6

GENERAL SCIENCE Chapter 1 (COMPONENTS OF FOOD)

Worksheet 1

Components Of Food

FILL IN THE BLANKS

1. The main carbohydrates found in our food are in the form of _____ and _____.
2. Carbohydrates and fats provide _____ to our body.
3. Foods containing carbohydrates and fats are also called _____ giving foods.
4. Foods containing proteins are often called _____ foods.
5. Vitamin _____ gets easily destroyed by heat during cooking.
6. Over eating fat rich food leads to _____.
7. Deficiency diseases can be prevented by taking a _____ diet.
8. _____ help in protecting our body against diseases.

NAME THE FOLLOWING

1. Two sources of carbohydrates . _____
2. Two sources of fats _____
3. Two sources of protein _____
4. Two sources of vitamin C _____
5. Disease caused due to deficiency of iron _____
6. Disease caused due to deficiency of vitamin A _____
7. Disease caused due to deficiency of iodine _____

TRUE OR FALSE

1. Dietary fibres are also known as roughage. _____
2. Minerals are needed by our body in large quantity. _____
3. Our body prepares vitamin D in presence of sunlight. _____

DEFINE THE FOLLOWING

1 Nutrients 2 Balanced diet 3 Deficiency diseases

DISTINGUISH BETWEEN

Proteins and Fats

EXTRA QUESTIONS

- 1 Write the three groups of food and give examples (2 m)
 - 2 Write the test to show the presence of protein in any food item (5 m)
 - 3 Write the test to show the presence of starch in any food item (2 m)
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Worksheet 2

ACTIVITY 1B:

**THE SIX NUTRIENTS
STUDENT WORKSHEET**

1. List the six nutrients. _____

2. What are simple sugars? _____

3. What are complex carbohydrates? _____

4. Why is fiber important? _____
5. What do amino acids build? _____
6. What can happen if you eat too much saturated fat? _____

7. What are vitamins? _____
8. If a person cannot digest milk products, where can they get calcium? _____

9. What does the body use water for? _____

10. What happens if your body does not have the right amount of water? _____

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PROTEIN

1. Why do we eat protein foods? (What is the *function*?)

2. What are the two groups of protein foods?

- i) _____
ii) _____



3. List sources of protein foods

| Group | Sources |
|-------|-------------------------------------|
| | i) _____ ii) _____ iii) _____ |
| | i) _____ ii) _____ iii) _____ |

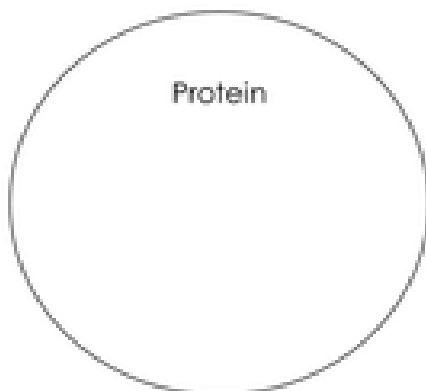
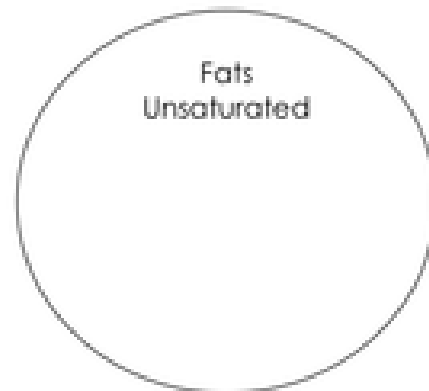
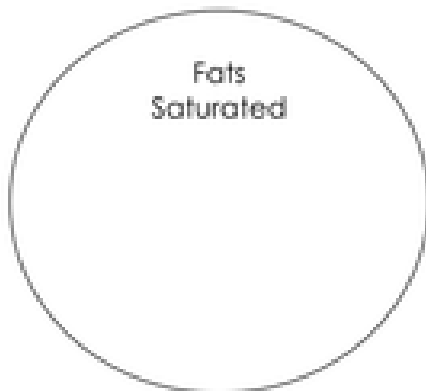
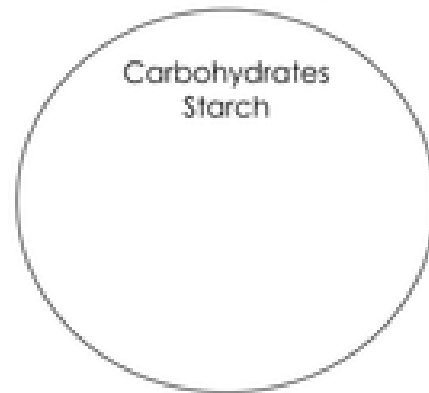
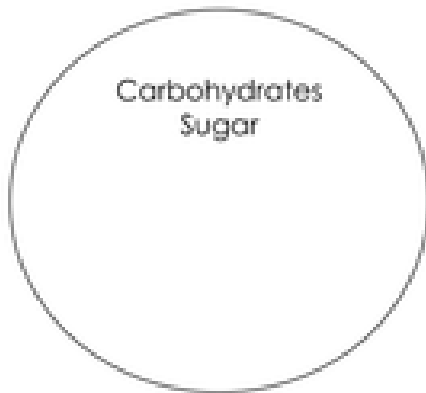
4. Make a list of any protein foods you ate yesterday.

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Worksheet 4

List five foods in each circle that is high in the nutrient.



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Worksheet 5

A Balanced Diet

1. Fill in the table below.

| Nutrient | Why do you need it? | Foods where it is found (sources) | What happens if you don't get enough? (deficiency) |
|---------------|---|-------------------------------------|---|
| Protein | It is used for growth and repair of body tissues. | Meat, eggs, fish, lentils , cheese. | |
| | | Oils, butter | |
| Carbohydrates | | | |
| Vitamins: | | | |
| | Helps bind cells together | | You get scurvy (bleeding gums, bruising, tender skin) |
| Minerals: | | | |
| | Needed to make red blood cells | | |
| | | Milk, cheese, green vegetables | |

1. Explain why:
 - a) 200 years ago sailors used to suffer from scurvy.
 - b) Young children should drink a pint of milk a day.
 - c) Bruce the body-builder eats a whole chicken every day.
 - d) You should never cut fat out of your diet (even if you are trying to lose weight).

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Worksheet 6

Malnutrition

1) Explain the term malnutrition.

2) Name two common diseases as a result of the under nutrition of energy.

3) Which condition is the most common form of under nutrition found in developed countries?

4) Why does it take time for a fat soluble vitamin or mineral deficiency to develop?

5) Which types of countries are usually associated with problems of over nutrition?

6) What is the most common form of over nutrition found in the UK today?

7) Describe the risk factors of malnutrition:

a)

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Worksheet 7



Carbohydrates



There are two main types of carbohydrate. These are

There is another type of carbohydrate. This is called _____ and your body needs it to

Carbohydrates are used in the body as

Sugar and starches both contain the same amount of _____.
You should be careful not to eat too much sugar though because

If you eat too many carbohydrates, your body will not use up all the energy that is stored in them. When this happens

Foods that are rich in starches include

Foods that have lots of sugars in them are



Foods that have lots of dietary fibre in them include



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Worksheet 8

Directions: Recall what you have learned about the six essential nutrients. Complete the table below. You will be using this information to create a booklet!

| Nutrients | List 4 foods containing the nutrient |
|-----------|--------------------------------------|
| 1. _____ | a. _____ b. _____ c. _____ d. _____ |
| 2. _____ | a. _____ b. _____ c. _____ d. _____ |
| 3. _____ | a. _____ b. _____ c. _____ d. _____ |
| 4. _____ | a. _____ b. _____ c. _____ d. _____ |
| 5. _____ | a. _____ b. _____ c. _____ d. _____ |
| 6. _____ | a. _____ b. _____ c. _____ d. _____ |

The mini-booklet will be an expository text (nonfiction). The purpose of this text is to teach and inform. You must include the following on each page in order to earn all of your points.

- Name of the nutrients
- Four examples of foods containing the nutrient
- The function of the nutrient within the body