



(UNIT OF BITT)

BITT PUBLIC SCHOOL

Knowledge Is Power | An English Medium Co-educational School

A NEW GIFT OF WISDOM BY BITT IN RANCHI CITY

Class – 6

Date – 01.05.2020

Subject - Science

CHAPTER-2 COMPONENTS OF FOOD



1. The ingredients containing some components that are needed by our body are known as

- a) Balanced diet b) Deficiency disease c) Nutrients d) Malnutrition

2. When two drops of iodine solution are put on a substance, we get blue-black colour. This indicates the presence of

- a) Proteins b) Fats c) Vitamins d) Starch

3. When two drops of copper sulfate solution and ten drops of caustic soda are added to a food containing protein the colour changes to

- a) violet b) blue c) red d) green

4. An oily translucent patch on the paper, shows that the food item contains

- a) carbohydrate b) protein c) fat d) mineral

5. The food rich in carbohydrates are

- a) potato, wheat, maize, sugarcane b) meat, fish, egg, pulses
c) mango, papaya, orange, banana d) spinach, onion, ginger, tomato

6. The food item which helps to remove undigested food from body is

- a) vitamin b) protein c) roughage d) mineral

7. The diet which contains right amount of nutrients along with water and roughage

- a) unbalanced diet b) unhealthy diet c) delicious diet d) balanced diet

8. The nutrient that helps in the growth and repair of our body is

- a) carbohydrates b) minerals c) proteins d) fats

9. The nutrients that protect our body

- a) vitamins and minerals b) carbohydrates and fats
c) protein and carbohydrates d) roughage and minerals