

DOON PUBLIC SCHOOL

Shivpuri Link Road, Gwalior

Session: 2021 -2022

Holiday Assignment (3)

Subject – Science

Class - VI

Q1. Tick the correct option:

- A. Fast food like pizza, burger etc are very good in taste and they contain huge amount of
- ii) Protein i) Carbohydrate
- Vitamins iv) Fats ii)
- B. Deficiency diseases can be prevented by taking
- Tablets, injections i)
- iii) Vitamin C and Vitamin E
- ii) Ginger, Tulsi

Nutrients

Balanced Diet

- iv) Balanced Diet
- C. A powdery substance or a paste of food item is taken in a test tube and after that it was added by copper sulphate solution and than caustic soda solution. It was observed that the solution turned violet colour after few minutes due to the presence of which solution?
- Carbohydrate i)
- ii) Protein
- iii) Fat
- iv) Vitamins
- D. Swollen gland in neck and the mental disability found in adults as well as children. These are the symptoms of deficiency of a minerals.....
- **Iodine** i)
- ii) Iron
- iii) magnesium
- iv) Calcium
- E. The essential components of our food are called
- i) Roughage
- ii) Nutrients iii) Vitamins
- iv) Minerals
- F. Egg albumen is rich in
- i) Carbohydrates ii) Proteins iii) Fats
- iv) Minerals
- G. The deficiency of which of the following may cause the disease called scurvy?
- i) Vitamin B1
- ii) Vitamin C
- iii) calcium
- iv) Sodium
- H. Eating too much of fat rich foods may lead to a condition called
- i) Beriberi
- ii) Scurvy
- iii) Goiter
- iv) Obesity