

Worksheet 11 Subject: - Science Class: - VI Teacher: - Mrs. Kuljit Kaur

Name: _____ Class & Sec: _____ Roll No. _____ Date: 04.05.2020

1. What are protective foods?
2. How are proteins important for the body?
3. Mention 2 cooking methods that destroy nutrients in the food.
4. Name 2 kinds of carbohydrates. Which of these provide us quick energy?
5. Which nutrients are needed by the body in smaller amounts?

Homework

1. Write the symptoms of rickets.
2. What are the symptoms of marasmus?
3. Explain the importance of the following Vitamins in the body--
 1. Vitamin A
 2. Vitamin C
 3. Vitamin D
4. Explain the importance of following minerals for the body
 1. Calcium
 2. Potassium
 3. Sodium
5. Why should we drink 6-8 glasses of water everyday even when water does not provide us with any energy?
6. Discuss the importance of roughage in food.