



CLASS 6 SCIENCE · 2026-27

Food and its components

Nutrition

31

QUESTIONS

20

MINUTES

3

EXERCISES

This belongs to _____ Date _____

WHAT YOU'LL GET GOOD AT

- Names the main nutrients and what each does for the body
- Links a deficiency to its disease and its symptom
- Explains why a diet is or is not balanced

Take your time, and have a go at every one. If you get stuck, look at the orange box — Ollie has already done one for you.

Food and its components

Nutrition · 31 questions · tick each box as you finish

Exercise 1 of 3 · 12 questions Which nutrient is each food mainly rich in?



WRITE THE ANSWER

HERE'S ONE DONE FOR YOU

rice -> carbohydrates. 'Mainly' matters - most foods contain several nutrients, and the question asks which one dominates. Milk is the useful exception on this list, since it is genuinely rich in more than one, and a good answer says so.

1) rice

2) eggs

3) butter

4) orange

5) milk

6) spinach

7) groundnuts

8) carrot

9) fish

10) jaggery

11) ghee

12) whole wheat chapati

Exercise 2 of 3 · 11 questions Complete: nutrient missing, disease caused, and one symptom. ☐

WRITE THE ANSWER

HERE'S ONE DONE FOR YOU

Scurvy -> vitamin C missing, and the symptom is bleeding gums. Three parts: what is missing, what it is called, what you would notice. Children commonly give two and lose the third mark, so writing all three in one line as a habit is worth more than knowing extra diseases.

1) Scurvy

2) Rickets

3) Anaemia

4) Goitre

5) Night blindness

6) Beriberi

7) Kwashiorkor

8) Marasmus

9) Bleeding under the skin from vitamin deficiency

10) Weak, brittle bones in an adult

11) Constipation from a diet with no roughage

Exercise 3 of 3 · 8 questions Is this meal balanced? Say what is missing or in excess, and why. ☐

WRITE THE ANSWER

HERE'S ONE DONE FOR YOU

Rice, chapati and potato curry -> not balanced, because all three are mainly carbohydrate. The answer has to name what is missing rather than just say 'not balanced'. A useful check for your child: go through the nutrient list and tick off which ones the meal actually supplies.

1) Rice, chapati and potato curry

2) Rice, dal, vegetables and curd

3) Only fruit juice for a whole day

4) Chapati, dal, palak sabzi and a glass of milk

5) Two samosas and a soft drink

6) Idli with sambar and coconut chutney

7) Boiled eggs and butter only

8) Rice, fish curry, vegetables and curd

**All done? How did that feel?**

Colour in a star. Three stars means you could teach it to someone else.



Tricky · Getting there · Easy now



Answer key

For grown-ups

Food and its components · keep this page back until your child has finished.

1. Which nutrient is each food mainly rich in?

- 1) Carbohydrates
- 2) Proteins
- 3) Fats
- 4) Vitamin C
- 5) Proteins and calcium
- 6) Iron and vitamins
- 7) Proteins and fats
- 8) Vitamin A
- 9) Proteins
- 10) Carbohydrates and iron
- 11) Fats
- 12) Carbohydrates and roughage

2. Complete: nutrient missing, disease caused, and one symptom.

- 1) Vitamin C - scurvy - bleeding gums and slow healing of wounds.
- 2) Vitamin D or calcium - rickets - weak and bent bones.
- 3) Iron - anaemia - weakness and tiredness, and pale skin.
- 4) Iodine - goitre - swelling of the neck.
- 5) Vitamin A - night blindness - difficulty seeing in dim light.
- 6) Vitamin B1 - beriberi - weak muscles and very little energy.
- 7) Protein - kwashiorkor - swelling of the face and body, and stunted growth.
- 8) Protein and carbohydrate together - marasmus - extreme thinness and wasted muscles.
- 9) Vitamin C - scurvy - bleeding under the skin and swollen, painful joints.
- 10) Calcium and vitamin D - the bones weaken and break easily.
- 11) Roughage - the food does not move easily through the intestine.

3. Is this meal balanced? Say what is missing or in excess, and why.

- 1) Not balanced - it is nearly all carbohydrate, with very little protein and few vitamins or minerals from vegetables.
- 2) Balanced - the rice and chapati give carbohydrate, the dal and curd give protein, and the vegetables give vitamins and minerals.
- 3) Not balanced - it provides some vitamins and sugar but almost no protein, fat or roughage, so the body cannot grow or repair itself.
- 4) Balanced - the chapati gives carbohydrate, the dal and milk give protein and calcium, and the palak gives iron and vitamins.
- 5) Not balanced - it is mostly fat, refined carbohydrate and sugar, with almost no protein, vitamins or roughage.
- 6) Nearly balanced - the idli gives carbohydrate and the sambar gives protein and vegetables. Adding curd or a vegetable would improve the vitamins.
- 7) Not balanced - it is protein and fat with no carbohydrate for energy, and no vitamins, minerals or roughage.
- 8) Balanced - rice gives carbohydrate, fish and curd give protein, and the vegetables give vitamins, minerals and roughage.

WHILE YOUR CHILD WORKS

- Deficiency answers need three parts. Writing them as one line - nutrient, disease, symptom - makes the missing part obvious.
- For the balanced diet questions, tick off the nutrients one at a time. 'Not balanced' on its own is never the full answer.
- This chapter overlaps with Class 5 EVS, so it can feel easy. The marking is stricter, which is exactly where marks quietly go.

**Spotted a gap while marking?**

A free assessment is one live class with a matched teacher - no card, nothing to cancel. Afterwards you get an honest note on what they noticed.

Book a free assessment - scholur.com/contact