

# ESSENCE TEST-3

— DATE : 11-08-19 —

6TH CLASS  
CBSE

## FOOD, COMPONENTS OF FOOD

Mantra to get the best outcome.....

**Best**·solution

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1. Choose the correct answer: [1×6=6]
- (i) The animals who eat the flesh of other animals are called:  
 (a) Herbivores (b) carnivores (c) Omnivores (d) All of these
- (ii) The dietary fibre component of our food is:  
 (a) Minerals (b) Fats (c) Roughage (d) All of these
- (iii) Which of the following ingredient is not obtained from plants?  
 (a) Spice (b) Sugar (c) Cereal (d) Salt
- (iv) Which of the following is an animal product  
 (a) Butter (b) coconut oil  
 (c) Ground nut oil (d) Sunflower oil
- (v) Cereals are  
 (a) Seeds (b) Fruits (c) Vegetables (d) Animal product
- (vi) Which is omnivores  
 (a) Lion (b) Bear (c) Tiger (d) Plants
2. Write True or False: [1×5=5]
- (i) Green plants prepare their own food so they are known as producers.  
 (ii) Meat alone is sufficient to provide all nutrients to the body.  
 (iii) Citrus fruits like lemon is a rich source of vitamin A.  
 (iv) Lizard, Spider and frogs are insectivores  
 (v) Ginger, turmeric and potato tuber are the roots of the plants.

3. Match the following: [1×5=5]

Column A	Column B
Spinach, Cabbage	Food chain
Grass → deer → lion	Eat plants and plant produce
Balanced diet	Scavenger
Herbivores	Contains all components of food
Vulture	Leaves

4. Fill in the blanks: [1×5=5]  
(Sugarcane, plants, Apiculture, Rickets, Stem)
- (i) The rearing and management of honeybees at large scale is called .....
  - (ii) Turmeric and ginger are ..... of the plants.
  - (iii) ..... is caused by deficiency of vitamin D.
  - (iv) We get sugar from .....
  - (v) A food chain always starts with .....
5. Answer any five questions: [2×5=10]
- (i) Name the main components of food.
  - (ii) Write two functions of food.
  - (iii) What is food chain?
  - (iv) Define pisciculture.
  - (v) What are deficiency diseases?
  - (vi) Name five plants & their parts that we eat.
  - (vii) What is the importance of water in our body?
  - (viii) What is balance diet?
6. Very short answer type: [3×3=9]
- (i) Name three herbivores.
  - (ii) Name three milk products that we consume.
  - (iii) Name three protein rich foods.



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**Best**

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11/26, Opp. Malaw Manglik Bhawan,  
Vijay Nagar, Indore | Ph : 0731-4080896