



**RAMAGYA SCHOOL, NOIDA**

**VI/SCIENCE/2018-19  
OLYMPIAD PRACTICE WORKSHEET**

1. A substance needed by the body for growth, energy, repair and maintenance is called a \_\_\_\_\_.  
A) nutrient  
B) carbohydrate  
C) calorie  
D) fatty acid
2. All of the following are nutrients found in food except \_\_\_\_\_.  
A) plasma  
B) proteins  
C) carbohydrates  
D) vitamins
3. A diet high in saturated fats can be linked to which of the following?  
A) kidney failure  
B) bulimia  
C) anorexia  
D) cardiovascular disease
4. Amylases in saliva begin the breakdown of carbohydrates into \_\_\_\_\_.  
A) fatty acids  
B) polypeptides  
C) amino acids  
D) simple sugars
5. Your body needs vitamins and minerals because \_\_\_\_\_.  
A) they give the body energy  
B) they help carry out metabolic reactions  
C) they insulate the body's organs  
D) they withdraw heat from the body
6. Food passes through the stomach directly by \_\_\_\_\_.  
A) the large intestine  
B) the small intestine  
C) the heart  
D) the pancreas
7. About half of your diet should be made up of \_\_\_\_\_.

- A) grains and vegetables
- B) fruits and milk
- C) milk and cheese
- D) fats and sugars

8. A mineral that the body needs to work properly is \_\_\_\_\_.

- A) calcium
- B) silver
- C) gold
- D) lead

9. A \_\_\_\_\_ is a unit of energy that indicates the amount of energy contained in food.

- A) label
- B) food guide pyramid
- C) calorie
- D) basket

10. This food group is our body's best source of energy?

- A) Meat Group
- B) fats, oils and sweets
- C) breads and cereals
- D) milk and cheese

11. Which of these is NOT considered a nutrient?

- A) vitamins
- B) minerals
- C) fibre
- D) fats

12. Plants provide us with

- A) Grains
- B) Milk
- C) Cheese
- D) Meat

13. Which one of the following is an omnivore?

- A) Rabbit
- B) Parrot
- C) Hen
- D) Frog

14. Chilli grows as which part of the plant?

- A) Stem
- B) Root
- C) Fruit
- D) Flower

15. Pick the odd one out.

- A) Cabbage
- B) Wheat
- C) Spinach
- D) Mustard

16. A deer does not eat

- A) Plants
- B) Leaves
- C) Fish
- D) Fruits

17. Mustard leaves are used as

- A) Vegetables
- B) Flowers
- C) Meat
- D) Roots

18. The flowers of which of the following plants are not eaten as food?

- A) Bougainvillea
- B) Banana
- C) Pumpkin
- D) Gladiolus

19. Beehives are used for

- A) Growing plants
- B) Eating
- C) Sprouting
- D) Storing honey

20. Which one of the following is not a stem of its parent plant?

- A) Onion
- B) Ginger
- C) Sweet potato
- D) Potato