

# CREST Science Olympiad (CSO) Worksheet *for* Class 6



**Topic**

## Sources and Components of Food



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## Worksheet on Sources and Components of Food

1. Annie wants to prepare a protein-rich meal. Which of the following food combinations would be a good choice?

- a. Salad with mixed greens and dressing
- b. Grilled chicken breast with steamed broccoli
- c. Pasta with tomato sauce and Parmesan cheese
- d. French fries with ketchup

2. Consider the following clues and identify the mineral:

**Clue 1:** It is important for the proper functioning of the nervous system.

**Clue 2:** It is found in common salt.

**Clue 3:** Its deficiency can lead to nausea, irritability, and dehydration.

- a. Calcium
- b. Iron
- c. Sodium
- d. Phosphorus

3. A student wants to test for the presence of fats in a food sample. Which of the following methods should they use?

- a. Adding iodine solution
- b. Crushing the food sample with paper
- c. Adding copper sulphate solution
- d. Mixing with water and caustic soda solution

4. Which nutrient would be most beneficial for providing sustained energy during a long-distance running race?

- a. Carbohydrates
- b. Fats
- c. Proteins
- d. Minerals

5. Match the following vitamins with their main functions.

	Column I		Column II
1.	Vitamin A	A.	Promotes calcium absorption and bone health
2.	Vitamin C	B.	Essential for vision and maintenance of healthy skin
3.	Vitamin D	C.	Supports the immune system and keeps gums healthy
4.	Vitamin K	D.	Plays a role in blood clotting

- a. 1:D, 2:C, 3:A, 4:B
- b. 1:B, 2:C, 3:A, 4:D
- c. 1:C, 2:A, 3:D, 4:B
- d. 1:A, 2:B, 3:C, 4:D

## Answer Key

1. b - Grilled chicken breast and steamed broccoli contain a good amount of protein with minimal fat. This food combination offers a balanced protein-rich meal.
2. c - Sodium plays a crucial role in maintaining the proper functioning of the nervous system and its deficiency can cause symptoms like nausea, irritability, and dehydration.
3. b - By crushing the food sample and observing if it leaves an oily patch on the paper, one can determine the presence of fats.
4. a - Carbohydrates are the primary source of energy for the body, and they provide sustained energy during endurance activities like long-distance running.
5. b -  
Vitamin A is essential for vision and the maintenance of healthy skin.  
Vitamin C supports the immune system and keeps gums healthy.  
Vitamin D promotes calcium absorption and bone health.  
Vitamin K plays a role in blood clotting.

**More Questions Coming Soon – Keep Learning!**





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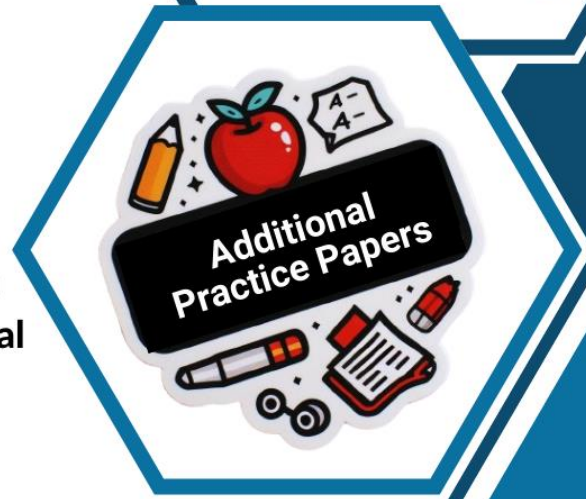
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