

Class- VI, Science

Chapter- 2, Components of food

Question 1:

Name the major nutrients in our food.

Solution 1:

The major nutrients in our food are: Carbohydrates, proteins, fats, vitamins, and minerals.

Question 2:

Name the following:

- (a) The nutrients which mainly give energy to our body.
- (b) The nutrients that are needed for the growth and maintenance of our body.
- (c) A vitamin required for maintaining good eyesight.
- (d) A mineral required for keeping our bones healthy.

Solution 2:

- (a) Carbohydrates and fats
 - (b) Proteins and minerals
 - (c) Vitamin A
 - (d) Calcium
-

Question 3:

Name two foods each rich in:

- (a) Fats
- (b) Starch
- (c) Dietary fibre

(d) Protein

Solution 3:

(a) Groundnut and Butter

(b) Rice and Mango

(c) Potatoes and pulses

(d) Fish and Gram

Question 4:

Tick (||) the statements that are correct.

(a) By eating rice alone, we can fulfil the nutritional requirement in our body. ()

(b) Deficiency diseases can be prevented by eating a balanced diet. ()

(c) A balanced diet for the body should contain a variety of food items. ()

(d) Meat alone is sufficient to provide all nutrients to the body. ()

Solution 4:

(a) By eating rice alone, we can fulfil the nutritional requirement in our body.

(b) Deficiency diseases can be prevented by eating a balanced diet.

(c) A balanced diet for the body should contain a variety of food items.

(d) Meat alone is sufficient to provide all nutrients to the body.

Question 5:

Fill in the blanks:

(a) _____ is caused by the deficiency of vitamin D.

(b) Deficiency of _____ causes a disease known as beri-beri.

(c) Deficiency of vitamin C causes a disease known as _____.

(d) Night blindness is caused due to deficiency of _____ in our food.

Solution 5:

- (a) Rickets is caused by the deficiency of vitamin D.
 - (b) Deficiency of vitamin B1 causes a disease known as beri-beri.
 - (c) Deficiency of vitamin C causes a disease known as scurvy.
 - (d) Night blindness is caused due to deficiency of vitamin A in our food.
-