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## Class -6 Science

### Chapter- 2 "Components of food" Exercise Questions

**1. Name the major nutrients in our food.**

**Solution:**

Major Nutrients in our food are  
Carbohydrates, Proteins, Lipids, Vitamins,  
Minerals and dietary fibers.

**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 that is required for keeping our bones healthy.**

**Solution:**



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**Solution:**

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

**3. Name two foods each rich in:**

- (a) Fats**
- (b) Starch**
- (c) Dietary fiber**
- (d) Protein**

**Solution:**

- a) Cream, Butter
- b) Rice, Wheat
- c) Whole grains, raw vegetables

▶ Milk, Curd, Paneer



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c) Whole grains, raw vegetables

d) Milk, Soya bean

**4. Tick (✓) the statements that are correct.**

**(a) By eating rice alone, we can fulfill nutritional requirement of our body. ( )**

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

**(c) 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:**

(a) By eating rice alone, we can fulfill nutritional requirement of our body. ( )

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

(c) Balanced diet for the body should contain a variety of food items. (✓)



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(c) Balanced diet for the body should contain a variety of food items. (✓)

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

### 5. Fill in the blanks.

(a) \_\_\_\_\_ is caused by 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:

(a) **Rickets** is caused by deficiency of **Vitamin D**.

(b) Deficiency of **Vitamin B1** causes a disease known as **beri-beri**.

(c) Deficiency of **Vitamin C** causes a disease



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### 3. Fill in the blanks.

- (a) \_\_\_\_\_ is caused by 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:

- (a) **Rickets** is caused by 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.

