

Class - 6 Science

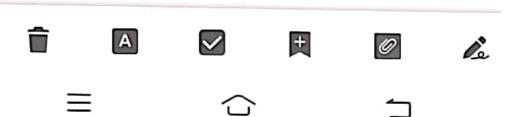
Chapter- 2 "Components of food" Exercise Questions

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.





- 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

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























- 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. ()

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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.

- (a) **Rickets** is caused by deficiency of Vitamin D.
- (b) Deficiency of **Vitamin B1** causes a disease known as beri-beri.
- (a) Deficiency of Vitamin C causes a disease



















- (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.



















