

CBSE Class–VI Subject Science
NCERT Solutions
(CHAPTER-02)
COMPONENTS OF FOOD

Question 1. Name the major nutrients in our food.

Answer: The major nutrients in our food are carbohydrates, proteins, fats, vitamins, minerals, roughage and water are essential nutrients for our body.

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 that is required for keeping our bones healthy.**

Answer: (a) Carbohydrates and fats.

- (b) Proteins
- (c) Vitamin A
- (d) Calcium

Question 3. Name two foods each rich in:

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

Answer: (a) Butter, Groundnut.

- (b) Rice, Potato.
- (c) All grains, Fresh fruits.
- (d) Milk, Fish.

Question 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.

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

(b) Deficiency diseases can be prevented by eating a variety of food items. ✓

(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. X

Question 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 disease known as -----.

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

Answer: (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 disease known as **scurvy**.

(d) Night blindness is caused due to deficiency of **vitamin A** in our food.