

NCERT SOLUTIONS

CLASS - 6TH



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Class : 6th

Subject : Science

Chapter : 2

Chapter Name : COMPONENTS OF FOOD

Q1 Name the major nutrients in our food.

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

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Q2 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 and minerals

(c) Vitamin A

(d) Calcium

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Q3 Name two foods each rich in:

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

Answer. (a) Groundnut and Butter

(b) Rice and Mango

(c) Potatoes and pulses

(d) Fish and Gram

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Q4 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 fulfil the nutritional requirement in our body. (x)

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

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Q5 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.

Answer. (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.

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