

Chapter 1: Components of Food

NCERT · Class 6 · Science

Questions

Question 1

Name the major nutrients in our food.

Solution

The major nutrients in our food are Carbohydrates, Proteins, Lipids, Vitamins, Minerals and dietary fibres.

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

Correct option: A

Solution

a) Carbohydrates

- b) Proteins and minerals
 - c) Vitamin A
 - d) Calcium
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Question 3

Name two foods, each rich in:

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

Solution

- a) Cream, butter
 - b) Rice, wheat
 - c) Whole grains, raw vegetables
 - d) Milk, soya bean
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Question 4

Tick (✓) the statements that are correct.

A.

By eating rice alone, we can fulfil the nutritional requirements 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

Correct option: A

Solution

- (a) By eating rice alone, we can fulfil the nutritional requirements 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. ()

Question 5

Fill in the blanks.

- (a) _____ is caused by the deficiency of Vitamin D.
- (b) Deficiency of _____ causes a disease known as beriberi.
- (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 the deficiency of Vitamin D.
- (b) Deficiency of **Vitamin B1** causes a disease known as beriberi.
- (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.

Important Topics Covered in NCERT Solutions for Class 6 Science Chapter 2 Components of Food

- What Do Different Food Items Contain?
- Test for Starch
- Test for Protein
- Test for Fats

- What Do Various Nutrients Do for Our Body?
- Balanced Diet
- Deficiency Diseases

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