NCERT Solutions for Class 6 Science Chapter 2 Components of Food

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:

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

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

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(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 known as **Scurvy**.

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

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