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**Class:-6. Science. By:- J.S.Mishra**

**Ch.2.Components Of Food**

**1:Name the major nutrients in our food.**

**Ans:**The major nutrients in our food are:

Carbohydrates, proteins, fats, vitamins, and minerals.

**2:Name the following:**

(a) The nutrients which mainly give energy to our body.

**Ans:**Carbohydrates and fats

(b) The nutrients that are needed for the growth and maintenance of our body.

**Ans:**Proteins and minerals

(c) A vitamin required for maintaining good eyesight.

**Ans:**Vitamin A

(d) A mineral required for keeping our bones healthy.

**Ans:**Calcium

**3:Name two foods each rich in:**

(a) Fats

**Ans:**Groundnut and Butter

(b) Starch

**Ans:**Rice and Potatoes

(c) Dietary fibre

**Ans:**Spinach and cabbage

(d) Protein

**Ans:**Milk and pulses

**4:Tick(√) the statements that are correct.**

**Ans:**

(a) By eating rice alone, we can fulfil the nutritional requirement in our body. ( × )

(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. ( √ )

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

## **5:Fill in the blanks**

**Ans:**

(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.