

## Class-VI (CHAPTER-02) COMPONENTS OF FOOD

### Questions

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1. Name the major nutrients in our food.
  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.
  3. Name the two foods each rich in
    - (a) Starch
    - (b) Starch
    - (c) Dietary fibre
    - (d) Protein
  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 variety of food items.
    - (c) Balanced diet for the body should contain a variety of food items.
    - (d) Meat alone is not 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 disease known as -----.
    - (d) Night blindness is caused due to deficiency of ----- in our food.
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### Answers

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1. The major nutrients in our food are carbohydrates, proteins, fats, vitamins and minerals. In addition, food also contains dietary fibres and water.
  
  2. Name the following:
    - (a) Carbohydrates and fats.
    - (b) Proteins and minerals
    - (c) Vitamin A
    - (d) Calcium
  
  3.
    - (a) Butter, Groundnut.
    - (b) Rice, Potato.
    - (c) Whole grains, Fresh fruits.
    - (d) Pulses, Fish.
  
  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 variety of food items. ✓
    - (c) Balanced diet for the body should contain a variety of food items. ✓
    - (d) Meat alone is not sufficient to provide all nutrients to the body. ✓
  
  5. Fill in the blanks.
    - (a) **Rickets** is caused by deficiency of vitamin D.
    - (b) Deficiency of **vitamin B<sub>1</sub>** 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.
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