

NCERT Solutions
Class 6 Science
Chapter 2 - Components of Food

1. Name the major nutrients in our food.

Answer.

The major nutrients in our food are

- Carbohydrates
- Proteins
- Fats
- Vitamins
- Minerals

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.

- (a) Carbohydrates
- (b) Proteins
- (c) Vitamin A
- (d) Calcium

3. Name two foods each rich in:

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

Answer.



- (a) Ghee, oil, butter, cheese, chocolates
- (b) Potatoes, rice, beans, peas
- (c) Carrot, cabbage, carrot, split peas
- (d) Milk, egg, fish, meat, pulses

4. Tick (✓) the statements that are correct.

- (a) **By eating rice alone, we can fulfil 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 nutritional requirement of our body. ×
Rice are a good source of carbohydrates but they supply all the nutrients to our body.
- (b) Deficiency diseases can be prevented by eating a balanced diet. ✓
A balanced diet is one that contains an adequate quantity of all the nutrients required by our body.
- (c) Balanced diet for the body should contain a variety of food items. ✓
A balanced diet should contain food items with different nutritional value to fulfil our nutritional requirements.
- (d) Meat alone is sufficient to provide all nutrients to the body. ×
Meat is a good source of protein but does not contain all the nutrients.

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.

Answer.

- (a) Rickets
- (b) Vitamin B1
- (c) Scurvy
- (d) Vitamin A

