

Ncert Solutions Class 6 Science Chapter 2

Ncert Solutions For 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 and minerals.

2. Name the following:

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

▶ Carbohydrates and fats

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

▶ Proteins and minerals

(c) A vitamin required for maintaining good eyesight.

▶ Vitamin A

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

▶ Calcium

3. Name two foods each rich in:

(a) Fats

▶ Mustard oil and Meat

(b) Starch

▶ Rice and Mango

(c) Dietary fibre

▶ Pulses and Potato

(d) Protein

▶ Gram and Milk

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

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

▶ (X)

(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. ()

▶ (X)

5. Fill in the blanks:

(a) _____ is caused by the deficiency of vitamin D.

▶ Rickets

(b) Deficiency of _____ causes a disease known as beri-beri.

▶ Vitamin B1

(c) Deficiency of vitamin C causes a disease known as _____.

▶ Scurvy

(d) Night blindness is caused due to deficiency of _____ in our food.

▶ Vitamin A