Science

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(Chapter - 1) (Components of Food) (Class - VI)

Onestion 1:

Name the major nutrients in our food.

Answer 1:

The major nutrients in our food are named carbohydrates, proteins, fats, vitamins and minerals. In addition, food contains dietary fibres and water which are also needed by our body.

(c) Dietary fibre

(d) Protein

Ouestion 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 2:

(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

(c) A vitamin required for maintaining good eyesight - Vitamin A

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

Ouestion 3:

Name two foods each rich in:

(a) Fats (b) Starch

: Ghee, Butter, Milk, Egg etc.

(b) Starch

(a) Fats

: Potatoes, Sugar, Rice etc.

(c) Dietary fibre

Answer 3:

: Vegetables, Fresh fruits etc.

: Milk, Beans, Egg. Cheese etc. (d) Protein

Ouestion 4:

Tick ($\sqrt{\ }$) 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 4:

(a) By eating rice alone, we can fulfil nutritional requirement of 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)

Ouestion 5:

Fill in the blanks.

_ 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 5:

(a) Rickets is caused by deficiency of Vitamin D.

(b) Deficiency of vitamin B1 causes a disease known as beriberi.

(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.

Answers For Learntci Chapter

Sarah Cooper

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