

Science

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

Question 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.

Question 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**

Question 3:

Name two foods each rich in:

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

Answer 3:

- (a) Fats : Ghee, Butter, Milk, Egg etc.
- (b) Starch : Potatoes, Sugar, Rice etc.
- (c) Dietary fibre : Vegetables, Fresh fruits etc.
- (d) Protein : Milk, Beans, Egg, Cheese etc.

Question 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 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)

Question 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 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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Table of Contents Answers For Learntci Chapter

1. Understanding the eBook Answers For Learntci Chapter
 - The Rise of Digital Reading Answers For Learntci Chapter
 - Advantages of eBooks Over Traditional Books
2. Identifying Answers For Learntci Chapter
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Answers For Learntci Chapter
 - User-Friendly Interface
4. Exploring eBook Recommendations from Answers For Learntci Chapter
 - Personalized Recommendations
 - Answers For Learntci Chapter User Reviews and Ratings
 - Answers For Learntci Chapter and Bestseller Lists
5. Accessing Answers For Learntci Chapter Free and Paid eBooks
 - Answers For Learntci Chapter Public Domain eBooks
 - Answers For Learntci Chapter eBook Subscription Services
 - Answers For Learntci Chapter Budget-Friendly Options

6. Navigating Answers For Learntci Chapter eBook Formats
 - ePub, PDF, MOBI, and More
 - Answers For Learntci Chapter Compatibility with Devices
 - Answers For Learntci Chapter Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Answers For Learntci Chapter
 - Highlighting and Note-Taking Answers For Learntci Chapter
 - Interactive Elements Answers For Learntci Chapter
8. Staying Engaged with Answers For Learntci Chapter
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Answers For Learntci Chapter
9. Balancing eBooks and Physical Books Answers For Learntci Chapter
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Answers For Learntci Chapter
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Answers For Learntci Chapter
 - Setting Reading Goals Answers For Learntci Chapter
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Answers For Learntci Chapter
 - Fact-Checking eBook Content of Answers For Learntci Chapter
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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