

NCERT Class 6 Science Solutions

Chapter 1: Components of Food



Exercise Questions and solutions of Chapter 1: Components of Food

1. Name the major nutrients in our food.

Solution:

The major nutrients in our food are Carbohydrates, Proteins, Lipids, Vitamins, Minerals and dietary fibres.

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.
-

Solution:

- a) Carbohydrates
 - b) Proteins and minerals
 - c) Vitamin A
 - d) Calcium
-

3. Name two foods, each rich in:

(a) Fats

(b) Starch

(c) Dietary fibre

(d) Protein

Solution:

a) Cream, butter

b) Rice, wheat

c) Whole grains, raw vegetables

d) Milk, soya bean

4. Tick ($\sqrt{\quad}$) the statements that are correct.

(a) By eating rice alone, we can fulfill the nutritional requirements 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. ()

Solution:

(a) By eating rice alone, we can fulfill the nutritional requirements of our body. (x)

(b) Deficiency diseases can be prevented by eating a balanced diet. ($\sqrt{\quad}$)

(c) Balanced diet for the body should contain a variety of food items. ($\sqrt{\quad}$)

(d) Meat alone is sufficient to provide all nutrients to the body. ()

5. 5. Fill in the blanks.

- (a) _____ is caused by the deficiency of Vitamin D.
- (b) Deficiency of _____ causes a disease known as beriberi.
- (c) Deficiency of Vitamin C causes a disease known as _____.
- (d) Night blindness is caused due to deficiency of _____ in our food.

Solution:

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

Hope you enjoyed NCERT Class 6 Science Solutions Chapter 1: Components of Food with [NCERTSolution.org](https://www.ncertsolution.org)