

CBSE Class–VI Subject Science  
NCERT Solutions (CHAPTER-  
02)  
COMPONENTS OF FOOD

**Question 1. Name the major nutrients in our food.**

**Answer:** The major nutrients in our food are carbohydrates, proteins, fats, vitamins, minerals, roughage and water are essential nutrients for 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:** (a) Carbohydrates and fats.

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

**Question 3. Name two foods each rich in:**

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

**Answer:** (a) Butter, Groundnut.

- (b) Rice, Potato.
- (c) All grains, Fresh fruits.
- (d) Milk, Fish.

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

- (a) By eating rice alone, we can fulfill 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 fulfill nutritional requirement of our body. X

(b) Deficiency diseases can be prevented by eating a variety of food items. ✓

(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 disease known as -----.

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

**Answer:** (a) **Rickets** is caused by deficiency of vitamin D.

(b) Deficiency of **vitamin B1** causes a disease known as Beri-beri.

(c) Deficiency of vitamin C causes disease known as **scurvy**.

(d) Night blindness is caused due to deficiency of **vitamin A** in our food.

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