

NCERT SOLUTIONS- COMPONENTS OF FOOD

NCERT Solutions for Class 6 Science Chapter 2 Components of Food is the essential study material needed to perfect Components of Food topics. The NCERT Class 6 Science solutions provided here correctly answer NCERT textbook questions. Solutions curated in a comprehensive manner will help students understand the subtopics in this chapter in a better way.

IMPORTANT SUB-TOPICS MENTIONED IN THE NCERT CLASS 6 SCIENCE CHAPTER 2 COMPONENTS OF FOOD:

NCERT Solutions for Class 6 Science Chapter 2 Components of Food has the following sub-topics as given below:

Sr. no	Topics
1.	What do Different Food Items Contain?
2.	What do Various Nutrients Do For Our Body?
3.	Balanced Diet
4.	Deficiency Diseases

NCERT SOLUTIONS CLASS 6 SCIENCE CHAPTER 2 COMPONENTS OF FOOD:

1. Name the major nutrients in our food.

ANS- The main nutrients of our food are

- carbohydrates,
- protein,
- fats,
- vitamins and
- minerals.

2. Name the following:

- The nutrients which mainly give energy to our body.
- The nutrients that are needed for the growth and maintenance of our body.
- A vitamin required for maintaining good eyesight.
- A mineral that is required for keeping our bones healthy.

ANS-

- Carbohydrates
- Proteins
- Vitamin A
- Calcium

3. Name two foods each rich in:

- Fats
- Starch

(c) Dietary fibre

(d) Protein

ANS-

- a. Ghee, Butter
- b. Potato, Rice
- c. Lentils, Celery
- d. Milk, Egg, Meat, Fish (any two)

4. Tick (/) the statements that are correct, cross (X) those which are incorrect.

(a) By eating rice alone, we can fulfil 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.

ANS-

- a.
- b.
- c.
- d.

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.

ANS-

- a. Rickets
- b. Vitamin B1
- c. Scurvy
- d. Vitamin A