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STUDY NOTES

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CLASS- VI (All Section)

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SCIENCE

CHAPTER: 02 Components of food

Revision of the chapter

Answer the following Questions:

1. Name the major nutrients in our food.

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.

3. Name the two foods each rich in

(a) Starch

(b) Starch

(c) Dietary fibre

(d) Protein

4. Tick (V) 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 variety of food items.
- (c) Balanced diet for the body should contain a variety of food items.
- (d) Meat alone is not sufficient to provide all nutrients to the body.

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.

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