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STUDY NOTES

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CLASS- VI (All Section)

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**Science**

**CHAPTER: 2 Components of Food**

**Today's Topic: 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)** Vitamin
  - (c)** Dietary fibre
  - (d)** Protein

#### **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 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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