



INDIAN SCHOOL AL WADI AL KABIR



CLASS: VI	DEPARTMENT: SCIENCE 2023 – 2024	DATE: 30/04/2023
TEXTBOOK Q & A	TOPIC: COMPONENTS OF FOOD	NOTE: A4 FILE FORMAT
NAME OF THE STUDENT:	CLASS & SEC:	ROLL NO.

1. Name the major nutrients in our food.

Answer: The major nutrients in our food are carbohydrates, proteins, fats, vitamins and minerals. In addition, food also contains dietary fibres and water.

2. Name the following:

- (a) The nutrients which mainly give energy to our body- Carbohydrates
- (b) The nutrients that are needed for the growth and maintenance of our body- Proteins
- (c) A vitamin required for maintaining good eyesight- Vitamin A
- (d) A mineral that is required for keeping our bones healthy- Calcium

3. Name the two foods each rich in:

- (a) Fats - **Butter, Ghee**
- (b) Starch - **Rice, Potato**
- (c) Dietary fibre - **Whole grains, carrot**
- (d) Protein - **milk, soybean**

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

- (a) By eating rice alone, we can fulfill the nutritional requirement of our body - **False**
- (b) Deficiency diseases can be prevented by eating a variety of food items - **True**
- (c) Balanced diet for the body should contain a variety of food items - **True**
- (d) Meat alone is sufficient to provide all nutrients to the body – **False**

5. Fill in the blanks.

- (a) Rickets is caused by a deficiency of vitamin D.
- (b) Deficiency of vitamin B1 causes a disease known as beriberi.
- (c) Deficiency of vitamin C causes a disease known as scurvy.
- (d) Night blindness is caused due to deficiency of vitamin A in our food.

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