

Class- 6th

Subject- Science

Chapter- 2

Components of Food

Exercise Questions

1. Name the major nutrients in our food.

Ans: Major Nutrients in our food are Carbohydrates, Proteins, Fats, Vitamins, Minerals and dietary fibers.

2. Name the following:

Solution:

a) Carbohydrates

b) Proteins and minerals

c) Vitamin A

d) Calcium

3. Name two foods each rich in:

(a) Fats

(b) Starch

(c) Dietary fiber

(d) Protein

Solution:

a) Cream, Butter

b) Rice, Wheat

c) Whole grains, raw vegetables

d) Milk, Soya bean

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

Solution:

(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. ( )

5. Fill in the blanks.

Solution:

(a) Rickets.

(b) Vitamin B1.

(c) Scurvy.

(d) Vitamin A.

Additional questions:

Q.1 what are nutrients?

Ans: The components of food that are necessary for growth and development of our body are called nutrients.

Q.2 Name the different food groups.

Ans: (a) Energy giving food: Carbohydrates and fats.

(b) Body building food: Proteins.

(c) Protective food: Vitamins and minerals.

Q.3 How will you test for starch in a food sample?

Ans: Take a small quantity of a food sample, put 2-3 drops of iodine solution on it. A blue-black colour indicates that the food sample contains starch.

Q.4 How will you test for protein in a food sample?

Ans: Take a small quantity of food sample in a test tube, add 10 drops of water to it and shake the test tube, after that add two drops of solution of copper sulphate and 10 drops of caustic soda. A violet colour indicates presence of protein in the food sample.

Q.5 How will you test for fat in a food sample?

Ans: Put the sample of food on a piece of paper and crush it. If the paper at that spot becomes translucent and greasy, the sample contains fat.

Q.6 What is anaemia? What are the symptoms of anaemia?

Ans: The deficiency of iron in the diet leads to a disease called anaemia.

Symptoms: Gets tired easily, loses weight and nails turn white.

Q.7 Why is it advised to take iodised salt?

Ans: Iodized salt contains iodine. Iodine deficiency results in the enlargement of thyroid gland, retarded growth and mental disability. Iodised salt help us to overcome iodine deficiency.