

# Science

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(Chapter - 1) (Components of Food)  
(Class - VI)

## Question 1:

Name the major nutrients in our food.

### Answer 1:

The major nutrients in our food are named **carbohydrates, proteins, fats, vitamins** and **minerals**. In addition, food contains dietary fibres and water which are also needed by our body.

## Question 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.

### Answer 2:

- (a) The nutrients which mainly give energy to our body – **Carbohydrates and Fats**
- (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**

## Question 3:

Name two foods each rich in:

- (a) Fats
- (b) Starch

- (c) Dietary fibre

- (d) Protein

### Answer 3:

- (a) Fats : Ghee, Butter, Milk, Egg etc.
- (b) Starch : Potatoes, Sugar, Rice etc.
- (c) Dietary fibre : Vegetables, Fresh fruits etc.
- (d) Protein : Milk, Beans, Egg, Cheese etc.

## Question 4:

Tick (✓) the statements that are correct.

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

### Answer 4:

- (a) By eating rice alone, we can fulfil nutritional requirement of our body. (X)
- (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. (X)

## Question 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.

### Answer 5:

- (a) **Rickets** is caused by 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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**United States Senate**

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*Exploring Science* June Mitchelmore,1999-04 Useful for the first three years of Secondary school this is a three book series It provides an introduction to the world of Science and is a helpful foundation for CXC separate sciences and CXC single award Integrated Science Written in clear English it is suitable for a range of abilities    **Exploring Science and Art** Mary Kirsch Boehm,2023-01-23 What do Albert Einstein and Pablo Picasso have in common Can we learn about science by studying art There are many connections just waiting to be discovered between the natural world and artistic techniques that have been used for centuries Mary Kirsch Boehm systematically guides you through a look at science with an artistic eye introducing an integrated and often overlooked view of the two disciplines By exploring the materials and techniques of art and the science behind them Boehm reveals just how interconnected our world really is

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**Inorganic chemistry, for pupils studying for the examinations of the Science and art department, elementary stage, by a science teacher** Inorganic chemistry,1887    **ACT Victory** Cambridge Educational Services, Incorporated,1998

*The Teachers' and Students' Library* George Dallas Lind,1882    **Senate Documents** United States

Senate,1872    **Report of the Commissioners and Evidence Taken by the Committee on Mines and Mining of the House of Reps. in Regard to the Sutro Tunnel, with the Arguments** United States. Commission upon the Sutro Tunnel (1872),1872    Exploring Living Things Herbert A. Smith,1980    Catalogue of the Library of the Boston Athenaeum Boston Athenaeum,1874    **Catalogue of the Library of the Boston Athenaeum** Boston Athenaeum,1874    **Letter from the Secretary of War, Transmitting the Report of the Commission to Examine and Report Upon the Sutro Tunnel, in Nevada. January 9, 1872** United States. Sutro Tunnel Commission,1872    **Walking by Faith Grade 4** David Haas,2002-03    *Walking by Faith Grade 5* Harcourt Religion Publishers,2002-03    **Walking by Faith Grade 6** David Haas,2002-03

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