

# 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.

# Answers For Questions In Exploring Science 8

**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 **Suggested Books for Indian**

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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 Athenæum** 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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### **Table of Contents Answers For Questions In Exploring Science 8**

1. Understanding the eBook Answers For Questions In Exploring Science 8
  - The Rise of Digital Reading Answers For Questions In Exploring Science 8
  - Advantages of eBooks Over Traditional Books
2. Identifying Answers For Questions In Exploring Science 8
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Answers For Questions In Exploring Science 8
  - User-Friendly Interface
4. Exploring eBook Recommendations from Answers For Questions In Exploring Science 8

- Personalized Recommendations
  - Answers For Questions In Exploring Science 8 User Reviews and Ratings
  - Answers For Questions In Exploring Science 8 and Bestseller Lists
5. Accessing Answers For Questions In Exploring Science 8 Free and Paid eBooks
- Answers For Questions In Exploring Science 8 Public Domain eBooks
  - Answers For Questions In Exploring Science 8 eBook Subscription Services
  - Answers For Questions In Exploring Science 8 Budget-Friendly Options
6. Navigating Answers For Questions In Exploring Science 8 eBook Formats
- ePub, PDF, MOBI, and More
  - Answers For Questions In Exploring Science 8 Compatibility with Devices
  - Answers For Questions In Exploring Science 8 Enhanced eBook Features
7. Enhancing Your Reading Experience
- Adjustable Fonts and Text Sizes of Answers For Questions In Exploring Science 8
  - Highlighting and Note-Taking Answers For Questions In Exploring Science 8
  - Interactive Elements Answers For Questions In Exploring Science 8
8. Staying Engaged with Answers For Questions In Exploring Science 8
- Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Answers For Questions In Exploring Science 8
9. Balancing eBooks and Physical Books Answers For Questions In Exploring Science 8
- Benefits of a Digital Library
  - Creating a Diverse Reading Collection Answers For Questions In Exploring Science 8
10. Overcoming Reading Challenges
- Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Answers For Questions In Exploring Science 8
- Setting Reading Goals Answers For Questions In Exploring Science 8
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Answers For Questions In Exploring Science 8

- Fact-Checking eBook Content of Answers For Questions In Exploring Science 8
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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