

Board – CBSE

Class – 6

Topic - components of food

Q.1) MCQ

1. 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

2. Name the two foods each rich in

- (a) Starch
- (b) Starch
- (c) Dietary fibre
- (d) Protein

Q.2) Tick (√) the statements that are correct.

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

Q.3) 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.

Q.4) Read the items of food listed below. Classify them into carbohydrate rich, protein rich and fat rich foods and fill them in the given table.

Moong dal, fish, mustard oil, sweet potato, milk, rice, egg, beans, butter, butter milk (chhachh), cottage cheese (paneer), peas, maize, white bread.

Carbohydrate Rich Food Item(A)	Protein Rich Food Item(B)	Fat Rich Food Item(C)

Q.5) Tasty food is not always nutritious and nutritious food may not always be tasty to eat. Comment with examples.

Q.6) 'Water does not provide nutrients, yet it is an important component of food.' Explain?

Q.7 (a) List all those components of food that provide nutrients.

(b) Mention two components of food that do not provide nutrients.

Q.8 'Minerals and vitamins are needed in very small quantities by our body as compared to other components, yet, they are an important part of a balanced diet.' Explain the statement.