

Board – CBSE

Class – 6

Topic – Components of food

1. Name the major nutrients in our food.

Solution:

Major Nutrients in our food are Carbohydrates, Proteins, Lipids, Vitamins, Minerals and dietary fibers.

2. Why is roughage an essential component of our food?

Solution:

Roughage is an essential component of our food and adds to its bulk as this helps our body to get rid of undigested food.

3. What is a balanced diet?

Solution:

The diet that contains all the nutrients in the right quantities and it also contains a good amount of roughage and water is called a balanced diet.

4. Why are minerals essential for our body?

Solution:

Minerals are essential for proper growth of the body and to maintain good health.

5. What is dietary fibre?

Solution:

The fibrous indigestible component of food is known as dietary fibre. For example, salad, vegetables, fruits etc.

6. What are the Symptoms of deficiency of carbohydrates?

Solution:

Lack of energy and stamina are the two main symptoms associated with deficiency of carbohydrates

7. Explain in detail what are carbohydrates?

Solution:

Carbohydrates are made up of carbon, hydrogen and oxygen. They are the rich source of energy. There are two main types of carbohydrates, that is, sugar and starch. Sugars are simple carbohydrates such as fruits, honey etc. Starch is a complex carbohydrate. Plants store excess food in the form of starch. Starch is present in corn, potato, bread etc. Lack of energy and stamina are the two main symptoms associated with deficiency of carbohydrates

8. Explain in detail about proteins?

Solution:

Proteins are an important component of food. They are needed for body growth and repair. Amino acids joined to form proteins. Proteins are provided with both plant and animal source. Proteins are needed more by growing children compared to adults. Deficiency of proteins in diet causes weakening of muscles. Deficiency of proteins leads to kwashiorkor. And protein deficiency along with carbohydrate deficiency leads to marasmus. These diseases mainly affect the children living in rural areas.

9. Name any 3 vitamins, their sources and deficiency diseases caused by them?

Solution:

- Vitamin A is a fat-soluble vitamin. Green leafy vegetables, fruits are rich sources of vitamin A. Deficiency of vitamin A causes night blindness.
- Vitamin B1 is a water soluble vitamin. The rich sources of vitamin B1 are eggs, whole grains etc. Deficiency of vitamin B1 causes Beri Beri.
- Vitamin B12 is also a water-soluble vitamin. Meat is the a source of vitamin B12. Anaemia is caused due to deficiency of vitamin B12.

10. What is dehydration?

Solution:

Excess loss of water from the body leads to dehydration. It causes loss of salts from the body and leads to dehydration.

11. Name two diseases caused due to deficiency of vitamins in diet?

Solution:

Beri Beri and Anaemia are two diseases that are caused due to deficiency of vitamins.

12. Name two deficiency diseases caused due to proteins?

Solution:

Kwashiorkor and Marasmus are the two main diseases caused due to deficiency of proteins.

13. Define deficiency diseases?

Solution:

Diseases that are caused due to lack of some nutrients are known as deficiency diseases.