

CBSE NCERT Solutions for Class 6 Science Chapter 2

Back of Chapter Questions

1. Name the major nutrients in our food.

Solution:

The major nutrients present in our food are:

- (a) Carbohydrates
 - (b) Fats
 - (c) Vitamins
 - (d) Minerals
 - (e) Proteins
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 required for keeping our bones healthy.

Solution:

- (a) Carbohydrates and fats.
 - (b) Proteins and minerals
 - (c) Vitamin A
 - (d) Calcium
3. Name two foods each rich in:
- (a) Fats
 - (b) Starch
 - (c) Dietary fibre
 - (d) Protein

Solution:

- (a) Butter and Groundnut
- (b) Potato and Rice

- (c) Vegetables and Fruits
- (d) Pulses and Fishes

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

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

Solution:

- (a) By eating rice alone, we can fulfill the nutritional requirement in our body. (False)
- (b) Deficiency diseases can be prevented by eating a balanced diet. (True)
- (c) A balanced diet for the body should contain a variety of food items. (False)
- (d) Meat alone is sufficient to provide all nutrients to the body. (False)

5. Fill in the blanks:

- (a) _____ is caused by the deficiency of vitamin D.
- (b) Deficiency of _____ causes a disease known as beriberi.
- (c) Deficiency of vitamin C causes a disease known as _____.
- (d) Night blindness is caused due to deficiency of _____ in our food.

Solution:

- (a) Rickets
- (b) vitamin B1
- (c) scurvy.
- (d) vitamin A