

Class 6 science Chapter 2 component of Food

WORKBOOK SOLUTIONS

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QUESTION 1

ANSWERS

(1)-d

(2)-b

(3)-b

(4)-b

(5)-c

(6)-d

(7)-c

(8)-c

(9)-d

(10)-b

(11)-b

(12)-d

QUESTION 2

ANSWERS

(1) rickets

(2) Vitamin B

(3) scurvy

(4) Vitamin A

(5) carbohydrates

### QUESTION 3

Answer

(1)blue black colour

(2)Starch and sugar

(3)Fats

(4)protein

(5)Vitamin

(6)Vitamin C

(7)Vitamin D

(8)Vitamin C

(9)Vitamin C

(10)Vitamin D

(11)Iodine

(12)Iron

(13)Blue

#### QUESTION 4

#### Answers

(1>false

(2>false

(3>true

(4>true

(5>true

(6>false

(7>true

(8)false

#### QUESTION 5

(1)carbohydrates and fats

(2) protein and Minerals

(3)Vitamin A

(4)calcium

(5)vitamin D

(6)Vitamin C

#### QUESTION 6

Answers

(1) cheese and milk

(2) milk and carrot

(3) pulses and potatoes

(4) milk and eggs

#### QUESTION 7

##### Answers

(1) The major nutrients in our food are carbohydrates, proteins, fats, vitamins and minerals.

(2) Carbohydrates and fats

(3) Iodine gives blue-black colour with starch.

(4) vitamin and Minerals

(5) sodium, calcium, chloride, magnesium, potassium, phosphorus, and sulfur.

#### QUESTION 8

## Answers

(1) A balanced diet is one that contains an adequate quantity of all the nutrients required by our body.

(2) Deficiency disease can be defined as a disease which is caused by the lack of essential nutrients or dietary elements such as vitamins and minerals in the human body.

## QUESTION 9

### Answer

(1) The fruit, vegetables, dairy, and grain food groups all contain carbohydrates.

(2) Plant sources of fats are groundnut oil, mustard oil, coconut oil, Sunflower oil, til, nuts.

Animal sources of fats are butter, ghee, milk, cheese, eggs, meat.

(3) Fats like butter and ghee are obtained from animals. Fats act as fuel in our body but they provide more energy than carbohydrates. It helps body organs to grow and protects them from injury and prevents loss of heat from the body surface.

(4) Meat, fish, egg, and milk are some animal sources of proteins. Pulses, soyabeans, grams, and nuts are some plant sources of proteins.

(5) Vitamin B food sources such as red meat, lentils, broccoli, sunflower seeds, and grains.

Vitamin B prevents infection and helps to support and promote cell health, energy levels, good eyesight and proper digestion.

(6) Good sources of vitamin C :

citrus fruit, such as oranges and orange juice, peppers, strawberries, blackcurrants, broccoli.

Vitamin C helps in proper growth, healthy teeth, gums and joints and helps the body fight against the diseases.

(7) Water is essential for life. All the living things (plants and animals) need water to live. We need water for drinking, cooking food, washing utensils, cleaning floor, brushing teeth, bathing, washing clothes, flushing toilets and watering plants.

(8) 1) To reduce the amount of water used in cooking, 2) reduce the cooking time and reduce the surface area of the food that is exposed.

#### QUESTION 10

Answer

(1)

It is important, to encourage children to eat two to three servings of meat, fish, poultry or other protein-rich food each day. Milk and other dairy products also are good protein sources for children. There are a variety of vitamins and minerals which support growth and development during childhood.

(2) We need sun exposure to make vitamin D, a vitamin that plays a crucial role in many body processes, from bone development to our immune system. Sun exposure also plays a role our immune system in other ways, as well as in healthy sleep and in our mood.



(3) Green leafy vegetables are rich in iron, the absence of which causes anaemia. Fresh citrus fruits provide vitamin C to our body. Vitamin C is essential to keep blood vessels, teeth and gums strong and healthy. Rice or bread or chapattis are a good source of carbohydrates, which provide energy to the body.

(4) Milk is called complete diet as it contains carbohydrates, fats, proteins and complete vitamins and almost all the minerals that are required for a healthy growth.

QUESTION 11.

ANSWERS

(1)

CARBOHYDRATE

The main carbohydrates found in our food are in the form of starch and sugar.

Bread, Beans, Whole grains, Corn, Cereals, Potatoes are sources of carbohydrates.

FATS

Fats are obtained either from plants or from animals.

fats are butter, oil, nuts, meat, fish, and some dairy products.

(2)

Vitamin C

Vitamin C is water soluble.

Sources of vitamin C are

Citrus fruits such as orange, grapefruit.

Vitamin D

Vitamin D is fat soluble.

Sources of vitamin D are Fish, beef, cod liver oil, egg yolk and liver.

QUESTION 12

ANSWERS

(1)-B

(2)-D

(3)-A

(4)-D

