

# Science

(www.tiwariacademy.com)  
(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.

# Science 1 E2020 Answers

**Robert R. Redfield**



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## **Table of Contents Science 1 E2020 Answers**

1. Understanding the eBook Science 1 E2020 Answers
  - The Rise of Digital Reading Science 1 E2020 Answers
  - Advantages of eBooks Over Traditional Books
2. Identifying Science 1 E2020 Answers
  - 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 Science 1 E2020 Answers
  - User-Friendly Interface
4. Exploring eBook Recommendations from Science 1 E2020 Answers
  - Personalized Recommendations
  - Science 1 E2020 Answers User Reviews and Ratings
  - Science 1 E2020 Answers and Bestseller Lists
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  - Science 1 E2020 Answers Enhanced eBook Features
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  - Adjustable Fonts and Text Sizes of Science 1 E2020 Answers
  - Highlighting and Note-Taking Science 1 E2020 Answers
  - Interactive Elements Science 1 E2020 Answers
- 8. Staying Engaged with Science 1 E2020 Answers
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Science 1 E2020 Answers
- 9. Balancing eBooks and Physical Books Science 1 E2020 Answers
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Science 1 E2020 Answers
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Science 1 E2020 Answers
  - Setting Reading Goals Science 1 E2020 Answers
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Science 1 E2020 Answers
  - Fact-Checking eBook Content of Science 1 E2020 Answers
  - 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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