

Class - 6
chapter2
answer sheet

Q.1. Name the major nutrients in our food.

Ans - The major nutrients in our food are carbohydrates, proteins , fats , vitamins and minerals, In Addition food also contains dietary fibres and water.

Q.2. Name the following:

(a) The nutrients which mainly give energy to our body.

▶ Carbohydrates and fats

Q.(b) The nutrients that are needed for the growth and maintenance of our body.

▶ Proteins and minerals

Q.(c) A vitamin required for maintaining good eyesight.

▶ Vitamin A

Q.(d) A mineral that is required for keeping our bones healthy.

▶ Calcium

Q.3. Name two foods each rich in:

Q.(a) Fats

▶ Mustard oil and Meat

Q.(b) Starch

▶ Rice and Mango

Q.(c) Dietary fibre

▶ Pulses and Potato

Q.(d) Protein

▶ Gram and Milk

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

Q.(b)▶ (✓)

Q.(c)▶ (✓)

Q.5 fill up

1. Rickets

2. Vitamin B1

3. Scurvy

4. Vitamin A