

Class: VI
Subject: Biology
Topic: Components of food
No. of Questions: 25

Q1. What is Nutrients?

Sol. The chemical present in food is called nutrients.

Q2. What are major components of foods?

Sol. The major components nutrients are: carbohydrates, Fats, Vitamins, Proteins, Minerals, Roughage and Water

Q3. What are major nutrients of foods?

Sol. Carbohydrates, Fats, Vitamins , Proteins and Minerals

Q4. What are fats? What are its types?

Sol. Fats are energy giving nutrients comes from plants and animals.
Fats comes from animal are called animal fats like milk cheese, butter etc.
Fats comes from plants are called vegetable fats like fruit , coconut, soya beans etc

Q5. How fats are useful to us?

Sol. Fats give us energy. Fats also protect skin from injury, heat and cold. Fats also absorb Vitamins from fats soluble vitamins.

Q6. why we do not eat excess fats?

Sol. If we eat excess fats they store under skin and cause high blood pressure and overweight. So avoid eating fried foods.

Q7. How can you test presence of starch in food?

Sol. We take mashed food in test tube. If we adds some drops of iodine solution in test tube, colour of solution change into blue black .This shows the presence of starch in food

Q8. How can you test presence of sugar in food?

Sol. We take fruit juice in test tube. If we adds some drops of Benedict's solution in test tube, colour of solution change into red .This shows the presence of sugar in food

Q9. Why proteins are called body building foods?

Sol. Proteins help us to builds new cells and repair worn out cells. They are made up of carbon , Hydrogen, oxygen and nitrogen.

Q10. What are two types of proteins?

Sol. Proteins obtain from plants are called vegetable protein like fruits, pea nuts and many beans. Soya bean is richest source of proteins. Proteins obtain from animals are called animal proteins like fish ,egg, meat ,milk

Q11. What are vitamins?

Sol. Vitamins are disease protective nutrients like Vitamins A,B,C,D,K and E. The main sources of vitamins are green leafy vegetables and fruits. There two types of vitamins: Water soluble:- Vitamin C and group of vitamin B Fat soluble:- Vitamin A , Vitamin D, Vitamin E and Vitamin K

Q12. Why do deficiency diseases occur?

Sol. Deficiency diseases occur due to lack of nutrients in our body e.g. PCM, PEM, Beriberi scurvy, Goiter etc.

Q13. Which mineral help in building of bones and teeth

Sol. Calcium

Q14. Which disease is caused due to deficiency of iron?

Sol. Anemia

Q15. What are the symptoms of rickets?

Sol. Soft and bent bones

Q16. Why should we do not wash vegetable after cutting them?

Sol. we do not wash vegetable after cutting to preserve the water soluble vitamins

Q17. How can you prepare ORS with sugar and salts?

Sol. Take one teaspoon of salt, eight teaspoons of sugar, one litre of clean drinking or boiled water after cooling. Stir the mixture till the salt and sugar dissolve.

Q18. Deficiency of which nutrients make a person thin and weak and causes stunted growth?

Sol. Carbohydrates and Proteins

Q19. 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.

Sol. A. Carbohydrates and fats
B. Proteins and minerals
C. Vitamin A
D. Calcium

Q20. Name the two foods each rich in

- A. Fat
- B. Starch
- C. Dietary fibre
- D. Protein

Sol. A. Groundnut and butter
B. Rice and Mongo
C. Potatoes and pulses
D. Fish and gram

Q21. Which of the following is a protective food?

- A. Milk
- B. Oils & fats
- C. Fruits
- D. Cereals

Sol. C

Q22. Goitre : swelling of thyroid glands occurs due to the deficiency of _____.

- A. Iron
- B. Potassium
- C. Phosphorus
- D. Iodine

Sol. D

Q23. Which of the following nutrients is not present in milk?

- A. Protein
- B. Vitamin C
- C. Calcium
- D. Vitamin D

Sol. B

Q24. Our body prepares which type of vitamin in the presence of sunlight?

- A. Vitamin A
- B. Vitamin B
- C. Vitamin D
- D. Vitamin K

Sol. D

Q25. _____ is essential for forming hemoglobin in the blood.

- A. Calcium
- B. Iron
- C. Phosphorous
- D. Magnesium

Sol. B

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