

# NCERT Solutions for Class 6 Science Chapter 2: Easy to Understand and Detailed Explanations

*NCERT Solutions for Class 6 Science Chapter 2 are given below in a detailed and simple way for CBSE class 6 students. Students can download the complete PDF of all the detailed solutions on this page!*

**NCERT Solution for Class 6 Science Chapter 2:** Our platform is devoted to offering excellent educational materials that meet the learning needs of 6th-grade students. These solutions are a valuable aid for mastering the basic concepts of Science. Whether preparing for end-of-year exams or aiming to excel in entrance tests and competitions, PhysicsWallah's NCERT Solutions are a smart choice.

Our expert educators have carefully created each solution for clarity and accuracy, enabling students to achieve academic excellence. Learning becomes a delightful experience with interactive and engaging methods. Simplify your studies and unlock success in Science with PW's NCERT Solutions for Class 6 Science Chapter 2 – Components of Food. For extra support, download NCERT Solutions for Class 6 Maths to revise the complete syllabus and score higher marks in your exams.

## NCERT Solutions for Class 6 Science Chapter 2 Components of Food Overview

PW's NCERT Solutions for Class 6 Science Chapter 2 – Components of Food provide a comprehensive and valuable resource for students' learning. With clarity and precision, the platform explains essential concepts related to the diverse components of food, such as carbohydrates, proteins, fats, vitamins, and minerals.

Through interactive and engaging techniques, students are empowered to grasp these fundamental concepts effectively. PW's commitment to delivering top-notch education ensures that students gain a profound understanding of nutrition and its impact on overall health.

As a result, learners are equipped with the knowledge and awareness necessary to make informed dietary choices, fostering a healthier and more informed generation.

## NCERT Solutions for Class 6 Science Chapter 2 Components of Food

NCERT Solutions for Class 6 Science Chapter 2 help you understand the concepts in the NCERT Class 6 Science textbook. Fill in the blanks, true or false, and long answer questions, along with the detailed answers we provide, will help you gain complete knowledge of the concepts. These solutions offer extra knowledge on various aspects of food in Chapter 2 of the Class 6 Science textbook, recommended by top teachers as valuable study material.

## Exercise Questions

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

**Solution:**

The major nutrients in our food are Carbohydrates, Proteins, Lipids, Vitamins, Minerals and dietary fibres.

**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.

**Solution:**

a) Carbohydrates

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) Cream, butter

b) Rice, wheat

- c) Whole grains, raw vegetables
- d) Milk, soya bean

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

- (a) By eating rice alone, we can fulfil the nutritional requirements 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. ( )

**Solution:**

- (a) By eating rice alone, we can fulfil the nutritional requirements 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. ( )

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** is caused by the 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.

# NCERT Solutions for Class 6 Science Chapter 2 PDF Download

The convenience of accessing Chapter 2 PDF for Class 6 Science on PhysicsWallah's official website is a great benefit for students. They can read at their own pace without needing an internet connection. This resource proves useful for revision during exams, and the provided test papers in the PDF aid in effective practice. NCERT Solutions ensures up-to-date books created by subject experts.

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## NCERT Class 6 Science Chapter 2 Components of Food Topics

In the introduction of Class 6 Science Chapter 2, various aspects of the food we consume are discussed. It's emphasised that food habits differ from person to person and region to region in India. To comprehend this, students are encouraged to use a map and identify the food components specific to a region.

### 2.1 What do Different Food Items Contain?

In the prior chapter, students learned about food sources. PhysicsWallah's NCERT Solutions reiterates this point, emphasising that various ingredients in food contain components providing energy and protecting the body. These components are known as nutrients. In this section, students understand the significance of nutrients, learning how to boost energy and choose healthy foods. Additionally, Class 6 Science Chapter 2's NCERT Solutions guide students in conducting tests on food to detect these components. For example:

- Checking for carbohydrates through a starch test.
- Identifying protein presence through a protein test.
- Determining fat content with a Christopher fat test.

### 2.2 What do Multiple Nutrients do for our Bodies?

NCERT Solutions for Class 6 Science Chapter 2 holds importance for 6th-grade students as it helps them learn important facts about the food they consume. The students are educated about the significance of nutrients for the body, with each nutrient playing a crucial role.

Carbohydrates and fats provide energy to the body. Vitamin D is essential for strengthening bones, while vitamin A benefits the eyes. Likewise, vitamin C, vitamin E, B complex vitamins, along with fibres, proteins, and calcium, are all vital for the body.

### 2.3 Balanced Diet

The Class 6 Chapter 2 Solutions in the NCERT Science book emphasise the importance of having a balanced diet containing all the necessary nutrients in the right amounts, avoiding excess or insufficient intake. The hand analogy, representing the five fingers with different heights forming the

palm, illustrates how different nutrients contribute to maintaining a balanced diet, safeguarding the body. Inadequate intake may result in deficiency diseases, while excessive consumption can lead to issues like obesity.

## 2.4 Deficiency Diseases

Describes the connection to the earlier part about lack-related illnesses, specifically deficiency diseases. It helps students grasp how the absence of individual nutrients can result in particular health issues. Now, let's explore them:

- Vitamin A – Vision loss
- Vitamin B1 – Beri Beri
- Vitamin C – Scurvy
- Vitamin D – Rickets
- Calcium – Decay of bones and teeth
- Iron – Anaemia
- Iodine – Goiter

### Exercises:

- Three questions with short answers.
- Four true or false statements.
- Four fill in the blanks.

## Benefits of NCERT Solutions for Class 6 Chapter 2

Here are some of the benefits of NCERT solutions for class 6 chapter 2:

1. **Aligned with Curriculum:** NCERT Solutions are designed to align with the prescribed curriculum by educational boards. This ensures that students cover all the essential topics and concepts as per the academic standards.
2. **Accuracy and Reliability:** NCERT Solutions are prepared by subject matter experts, ensuring accuracy and reliability. Students can rely on the information provided to build a strong foundation in the subject.
3. **Clarity of Concepts:** The solutions are written in a clear and concise manner, helping students understand complex concepts with ease. Step-by-step explanations are often provided to ensure a thorough understanding of each topic.
4. **Comprehensive Coverage:** NCERT Solutions cover a wide range of topics, offering a comprehensive view of the subject matter. This helps students in developing a holistic understanding of the subject rather than focusing on isolated concepts.
5. **Practice Questions and Exercises:** NCERT Solutions include practice questions and exercises that are in line with the difficulty level of the actual examinations. These help students gauge their understanding and application of the concepts.
6. **Exam Preparation:** Using NCERT Solutions for Class 6 Science Chapter 2 can aid students in preparing for their exams effectively. The solutions often include sample papers, previous years' question papers, and additional exercises for practice.

7. **Promotes Self-Study:** NCERT Solutions are structured in a way that encourages self-study. Students can use these resources independently, promoting a sense of responsibility for their own learning.
8. **Language Clarity:** The language used in NCERT Solutions is student-friendly and easy to understand. This helps students in grasping the concepts more effectively, especially if they are studying on their own.
9. **Supplementary Learning:** NCERT Solutions often provide additional information, interesting facts, and real-life examples related to the topics. This enhances the overall learning experience and makes the subject more engaging for students.
10. **Accessibility:** NCERT Solutions are widely available in various formats, including print and online. This accessibility ensures that students from different backgrounds and geographical locations can benefit from these resources.

## How to Prepare With NCERT Solutions for Class 6 Science Chapter 2?

NCERT textbooks are the primary resources for CBSE Class 6 Science. They are known for their clear explanations, concise language, and well-structured content. However, simply reading the textbook may not be enough to excel in exams. This is where NCERT solutions come in. They provide detailed explanations of the concepts, step-by-step solutions to the exercises, and helpful tips for answering exam questions.

Here's how you can use NCERT solutions effectively to prepare for your Class 6 Science exams:

### 1. Understand the Concepts Thoroughly:

- Before referring to the solutions, read the chapter carefully and try to understand the concepts on your own. Take notes, underline important points, and draw diagrams to aid your understanding.
- If you get stuck on any concept, don't hesitate to ask your teacher or a classmate for help. Once you have a good grasp of the basics, you can move on to the solutions.

### 2. Use NCERT Solutions as a Guide:

- Don't just copy the answers from the solutions! Use them as a guide to check your understanding and identify any areas where you need improvement.
- Pay attention to the explanations provided in the solutions. They will help you understand the reasoning behind the answers and how to apply the concepts to different types of questions.

### 3. Practice Solving Questions:

- Once you have understood the concepts, it's time to practice solving questions. The NCERT textbook itself contains a variety of exercises at the end of each chapter. These are a great starting point.
- You can also find additional practice questions in reference books and online resources. The more you practice, the more confident you will be in your ability to tackle any question that comes your way in the exam.

### 4. Focus on Weak Areas:

- As you practice solving questions, you will identify your weak areas. Don't be discouraged! This is a normal part of the learning process.

- Spend extra time studying and practicing the concepts that you find difficult. You can also seek help from your teacher or classmates for additional guidance.

#### **5. Time Management:**

- Time management is crucial for success in any exam. When practicing, set realistic time limits for yourself and try to complete the questions within the allotted time. This will help you develop good time management skills for the actual exam.

## **NCERT Solutions for Class 6 Science Chapter 2 FAQs**

### **1. How can we identify the carbohydrates in food using a starch test?**

The iodine test for starch involves adding iodine solution to a food sample; if starch is present, the colour changes to blue-black.

### **2. What method can be used to identify the presence of fat in food particles?**

To identify the presence of fat, perform the paper towel test: if a translucent spot appears on the paper after placing the food, it indicates the presence of fat.

### **3. What are the key topics covered in Chapter 2 of NCERT Solutions for Class 6 Science?**

Chapter 2 covers topics such as Components of Food, Sources of Food, and Nutrients.

### **4. How many questions are typically present in Chapter 2 of NCERT Solutions for Class 6 Science?**

The number of questions in Chapter 2 varies, but it typically contains around 5-10 questions.

### **5. Define a balanced diet.**

A balanced diet includes a mix of carbohydrates, proteins, fats, vitamins, and minerals in appropriate proportions to meet the body's nutritional needs.