Class 6 Science Chapter 2 – Food: MCQ with Answers

1. Which nutrient gives us energy?
A. Vitamin
B. Carbohydrate
C. Water
D. Mineral
Answer: Carbohydrate

2. Which food is rich in protein?
A. Rice
B. Dal
C. Sugar
D. Butter
Answer: Dal

3. Which vitamin is obtained from sunlight?
A. Vitamin A
B. Vitamin B
C. Vitamin C
D. Vitamin D
Answer: Vitamin D

4. Which food helps body growth?
A. Proteins
B. Salt
C. Water
D. Sugar
Answer: Proteins

5. Which nutrient protects us from diseases?
A. Vitamins
B. Fats
C. Starch
D. Oil
Answer: Vitamins

6. Which is a balanced diet?
A. Only rice
B. Only milk
C. Food with all nutrients
D. Only fruits
Answer: Food with all nutrients

7. Which food contains fat?
A. Ghee
B. Apple
C. Spinach
D. Dal
Answer: Ghee

8. Which deficiency causes night blindness?
A. Vitamin A
B. Vitamin C
C. Iron
D. Iodine
Answer: Vitamin A

9. Which mineral helps make blood?
A. Calcium
B. Iron
C. Iodine
D. Sodium
Answer: Iron

10. Which food is protective food?
A. Vegetables and fruits
B. Oil
C. Sugar
D. Rice
Answer: Vegetables and fruits

Class 6 Science Chapter 2 – Food: One Word Questions with Answers

1. Main source of energy in food?
Answer: Carbohydrate

2. Body-building nutrient?
Answer: Protein

3. Nutrient that protects from diseases?
Answer: Vitamin

4. Mineral needed for blood?
Answer: Iron

5. Vitamin from sunlight?
Answer: Vitamin D

6. Disease caused by lack of Vitamin C?
Answer: Scurvy

7. Disease caused by lack of Vitamin D?
Answer: Rickets

8. Food rich in fat?
Answer: Ghee

9. Protective foods example?
Answer: Fruits

10. Food needed in small amounts?
Answer: Minerals

11. Another name for roughage?
Answer: Fibre

12. Liquid essential for life?
Answer: Water

Class 6 Science Chapter 2 – Food: Short Questions with Answers

1. Why do we need food?
Answer: We need food for energy, growth, repair of body tissues, and protection from diseases.

2. What are nutrients?
Answer: Nutrients are useful substances in food that help our body grow and stay healthy.

3. Name the main nutrients in food.
Answer: Carbohydrates, proteins, fats, vitamins, and minerals.

4. Which nutrient gives us energy?
Answer: Carbohydrates and fats give us energy.

5. Which nutrient helps in body building?
Answer: Proteins help in body building and growth.

6. What are protective foods?
Answer: Foods rich in vitamins and minerals that protect us from diseases are called protective foods.

7. Give two examples of protective foods.
Answer: Fruits and green vegetables.

8. What is a balanced diet?
Answer: A balanced diet contains all nutrients in the right amount along with water and roughage.

9. What is roughage?
Answer: Roughage is dietary fibre that helps in digestion.

10. Why is water important for our body?
Answer: Water helps in digestion, absorption, and removal of waste from the body.

Class 6 Science - Chapter 2: Food
Long Questions with Answers

1. Why do we need food?

We need food because it gives us energy to work and play. Food helps us grow, keeps our body healthy, repairs damaged tissues, and protects us from diseases.

2. What are the main sources of food?

The main sources of food are plants and animals. Plants give us grains, fruits, vegetables, pulses, sugar, and oils. Animals give us milk, eggs, meat, fish, and honey.

3. Explain different parts of plants used as food.

Different parts of plants are eaten as food. Roots such as carrot and radish, stems such as potato and sugarcane, leaves such as spinach and cabbage, flowers such as cauliflower, fruits such as mango and tomato, and seeds such as wheat, rice, and peas.

4. What is a balanced diet?

A balanced diet is food that contains all nutrients in the right amount. It includes carbohydrates, proteins, fats, vitamins, minerals, roughage, and water. It helps us stay healthy.

5. Why should we eat different kinds of food?

We should eat different kinds of food because one type of food cannot provide all nutrients. Different foods give different nutrients needed for growth, energy, and protection from diseases.

6. Write a note on food habits of animals.

Different animals eat different kinds of food. Herbivores eat plants, carnivores eat flesh, and omnivores eat both plants and animals. Food habits depend on teeth, body structure, and habitat.

7. How can we avoid wastage of food?

We can avoid wastage of food by taking only the amount we need, storing food properly, reusing leftovers safely, and sharing extra food with others.

8. Why are fruits and vegetables important?

Fruits and vegetables are important because they provide vitamins, minerals, roughage, and water. They help digestion and protect us from many diseases.