

Class VI - Sub. Science

L-2 - Components of Food Assignment

Q. I Answer the following questions:-

1. Name the essential components of food.

Ans Carbohydrates, protein, fats, minerals, vitamins, water and roughage.

2. What is balanced diet?

Ans A balanced diet is a diet containing all the essential components of food in proper and correct quantities

3. Name the sources of

Carbohydrates → Potato, rice Proteins → Pea, Milk, Pulses
Fats → butter, meat Minerals → green leafy vegetables, Milk
Vitamins → green leafy vegetables Roughage → Cereals, fruits.

4. Name the three major groups of foods.

Ans: Energy giving foods (Carbohydrates and fats.)
• Body building foods (Proteins)
• Protective foods (Minerals and vitamins)

5. Why is it necessary that all the three groups of foods should be present in our diet?

Ans. As no single food can supply all the three types of foods required for proper nutrition.

6. Why is water necessary for our body?

Ans. Water is necessary for our body because it

1. helps to maintain a constant body temperature.
2. helps in the absorption of food and excretion of waste products
3. helps to transport substance within the body.

Q.7 How is roughage important to us?

Ans. It is necessary for proper functioning of the digestive system and it prevents constipation.

Q.8 Why should we include vitamins in our diet?

Ans. Vitamins are required for proper functioning of the body, these are protective foods.

Q.9 Name some food items rich in calcium.

Milk, green leafy ~~veg~~ vegetables such as broccoli, cabbage.

Q.10 Name two protein deficiency diseases with symptoms.

Two protein deficiency diseases are

Kwashiorkor and Marasmus

Symptoms of Kwashiorkor

1. Protruding belly
2. Dark and scaly skin, brownish hair
3. Stunted growth
4. Loss of appetite, Anaemia,
5. Swollen legs due to accumulation of water
7. Mental retardation.

Symptoms of Marasmus

1. Poor muscle development
2. Weak legs
3. Anaemia
4. Bones showing through the skin; no fats.
5. Loss of appetite
6. Grossly underweight

Q.11 Which mineral get from these food items.

Seafood - iodene

Milk - calcium, Table salt - iodene

Phosphorus

Q.12 Name the diseases caused by the deficiency of

Vitamin A - Night blindness

Iron - Anaemia.

Vitamin C - Scurvy

Iodine - Goitre

To be continue

M.C.Qs.

1. Carbohydrates provide energy.
2. Iodine is used to test the presence of starch in the food.
3. Gur is a good source of Carbohydrates.
4. Deficiency of iodine leads to goitre.
5. Vitamins and Minerals are protective foods.
6. Deficiency of vitamin A lead to Poor night vision.
7. Deficiency of iron leads to — anaemia.

Fill in the blanks: -

1. Energy giving foods are Carbohydrates and fats.
2. Protective foods are Vitamins and Minerals.
3. Body building foods are Proteins.
4. Pulses are a source of proteins.
5. Cereals and Potato are the sources of carbohydrates in our diet.
6. Water makes up about 70 percent of the total weight of an adult.
7. Proteins of animal origin are milk, eggs, meat.
8. Fibre helps in proper functioning of the digestive system.
9. Our body needs 3-4 litres of water every day.
10. Butter and Ghee are rich in fats.
11. Overeating causes a disease called - obesity.
12. PEM is caused by the deficiency of Proteins, Carbohydrates.

Defines -

1. Roughage → The dietary fibrous content of our food is called roughage.

Obesity → Excessive body weight due to overnutrition.

undernutrition - Not enough nutrients is called undernutrition.

or
Insufficient intake of energy and nutrients to meet an individual's need.

Protein energy malnutrition → Unbalanced diet which lacks proteins and carbohydrates.

Match the Column.

- | | | |
|------------|---|----------|
| 1. Starch | - | Potato |
| 2. Protein | - | Pulses |
| 3. Fat | - | Butter |
| 4. Sugar | - | Glucose |
| 5. Mineral | - | Calcium. |

NOTE :-

Maintain one Notebook per Subject if possible if you not have separate notebooks, if you don't have then don't go out of the house.

You can do 2 subjects in 1 notebook or 3 subjects in 1 notebook as per the availability of notebooks.

If this is also not possible, then you can do in sheets and later attach them in your notebook.