



CLASS: VI

SUBJECT: SCIENCE

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LS: 1. COMPONENTS OF FOOD

New words

Balanced diet
Beriberi Carbohydrates
Energy
Fats
Minerals
Nutrients
Proteins
Roughage
Scurvy
Starch
Vitamins

Pre Activity

Draw a table showing some common meals of different regions/states.(Refer Table 1.1 in T.B.)

EXERCISE

1. Name the major nutrients in our food.

Ans: The major nutrients in our food are carbohydrates, proteins, fats, vitamins and minerals.

2. Name the following:

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

Ans: Carbohydrates

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

Ans: Proteins

(c) A vitamin required for maintaining good eyesight.

Ans: Vitamin A

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

Ans: Calcium

3. Name two foods each rich in:

(a) Fats

Ans: Ghee, butter

(b) Starch

Ans: Raw potato, rice,

(c) Dietary fibre

Ans: Spinach, cabbage, carrot, ladies finger, (any two)

(d) Protein

Ans: Milk, egg, fish, meat, pulses (any two).

Extra Questions

1. What is roughage? What is the main function of it?

Ans. The food containing plant fibres which are also known as dietary fibres is called roughage.

The main function of roughage is to help our body get rid of undigested food. Whole grains, fresh fruits and vegetables are the main sources of roughage.

2) What are vitamins? Write various kinds of vitamins.

Ans: They are protective compounds with no energy value. They help in proper body- functioning and are required by the body in very small quantities. Various kinds of vitamins are—Vitamin A, Vitamin B- complex, Vitamin C, Vitamin D, Vitamin E and Vitamin K.

3) What are deficiency diseases?

Ans: When a person eats such a food continuously for a long time which may not contain a particular nutrient, then this condition is called deficiency of that nutrient. Deficiency of one or more nutrients can cause diseases or disorders in our body. Such type of diseases are known as deficiency diseases.

4) What is a balanced diet? Write the components of balanced diet.

Ans: A diet which provides the right proportion of all the nutrients that our body needs along with roughage and water is called balanced diet. The various components of balanced diet are carbohydrates, fats, proteins, vitamins, minerals, roughage and water.

5) Write test for detecting the presence of starch.

Ans: Take a piece of the food item. Put 2-3 drops of dilute iodine solution on it. If the colour of the food item becomes blue-black, then it indicates the presence of starch in the food item.

i) Food + Iodine — Blue-black colour (starch present)

ii) Food + Iodine —No Blue-black colour (No starch present)

POST ACTIVITY

*Write the test for protein (Refer test for carbohydrates)

- Take a test tube and add 10 drops of water
- Take half a spoonful of caustic soda and mix with water in test tube 1.
- TO this we will add 2-3 drops of copper sulphate solution. Mix well. Now we got a testing solution.
- Take another test tube, add given food sample in it.
- Add few drops of testing solution (copper sulphate + caustic soda) and mix well
- If the colour of the food changes to violet that indicates the given food sample contains protein in it.
- For example: Take some milk in test tube 1 and add copper sulphate and caustic soda solution. Stir the test tube well and observe for the colour change. The white colour of the milk changes to violet colour that indicates that milk contains protein.