

Class-6<sup>th</sup>

Science

Chapter – 2

Components of Food

Exercises

Section I

**A. Select and tick the correct option:-**

1. c.
2. d.
- 3.a.
- 4.d.

**B. Fill in the blanks:**

1. The **nutrients** are chemical needed by our body our proper growth and functioning.
2. Fats are the **energy** reservoirs of the body.
3. There are about 20 known **vitamins**.
4. **Children** and **office-going** people need less carbohydrates.
5. **Kwashiorkor** is a disease which occurs in children due to protein deficiency.

**C. Write true or false :**

1. false
2. true
- 3.false
- 4.true
- 5.true

**B. Section II**

**A. Very short answer questions :**

**1.What is the function of carbohydrates?**

1. The functions of carbohydrates is to give us energy.

**2. List any two examples of animal sources of fats.**

2.Butter and fish.

### **3. What is the function of protein?**

3. Proteins replace old and damaged cells.

### **4. Name any two rich sources of vitamin D**

4. Milk and sunlight

### **5. What causes dehydration?**

5. Absence of sufficient water intake causes dehydration.

## **B. Short answer questions :**

### **1. Mention the five major groups of nutrients.**

1. Carbohydrates, proteins, fats, vitamins and minerals are the five major groups of nutrients.

### **2. What are the two types of fats?**

2. The two types of fats are as follows:

- a) Vegetable fat, which is found in oils made from plants such as coconut, mustard and groundnut.
- b) Animals fat, which is found in milk products such as butter and meat and fish.

### **3. What are vitamins? State their importance.**

3. Vitamins are a group of nutrients that our body requires in small quantities. They are essential for the proper working of the body. If our diet is lacking in any vitamin, we suffer from certain diseases called deficiency diseases.

### **4. Differentiate between soluble roughage and insoluble roughage.**

4. Soluble roughage are soluble in water whereas insoluble roughage are not. Apple, strawberry, peach, and rice are examples of soluble roughage that help in blood circulation. Whole grain, carrot, cabbage, turnip, and cauliflower are examples of food items rich in insoluble roughage.

### **5. Why do we need to eat a balanced diet?**

5. We need to eat a balanced diet because in it energy giving foods, bodybuilding foods and protective foods are present in proper quantities. Thus, a balanced diet fulfils all the energy needs of the body as well as maintains proper growth and health.

### **6. Give an account of the deficiency diseases caused due to the deficiency of vitamins.**

6. **Vitamin A** - Night blindness (Poor night vision)

**Vitamin B1** - Beri-beri (Nervousness, loss of appetite, paralysis)

**Vitamin B2** - Skin diseases

**Vitamin C** - Scurvy (Bleeding of gums, swelling of joints)

**Vitamin D** - Rickets (Weak bones, decaying teeth)

**Vitamin K** - Hemorrhage (Clotting of blood affected)

## **B. Long answer questions :**

### **1. Describe any three nutrients present in our food.**

1. Three nutrients present in our food are as follows:

**(i) Carbohydrates :** Carbohydrates are the energy giving nutrients. Carbohydrates consist of carbon, hydrogen and oxygen. We get carbohydrates from foods like rice, bread, potato, rotis and sugar. Glucose, fructose and starch are some forms of carbohydrates. The biggest portion of our regular diet consists of carbohydrates. Carbohydrates burn to give us energy.

**(ii) Proteins :** Our body is made up of billions of cells. These cells are made mainly from proteins. When we grow, our body needs proteins to make new cells. Our body also needs proteins to replace old and damaged cells. Our diet should have enough proteins for this. Growing children and sick people require more proteins in their diet. Proteins are of two kinds-animals proteins and plant proteins.

**(iii) Minerals -** minerals are nutrients that contain certain elements. All of them have particular functions to perform in the body. They are required by our body in small quantities in the diet to maintain good health. Their deficiency in our diet leads to deficiency diseases. Iron, calcium, phosphorus, iodine are the main minerals present in our food.

### **2. Name any five types of vitamins. Write their rich sources and importance.**

2 book page no. 19 ( first table )

### **3. What is a balanced diet? Describe the four basic groups balanced diet is divided into.**

3. A balanced diet is the diet which contains all the necessary nutrients in adequate amounts, needed for the proper functioning of healthy body. In a balanced diet, energy giving foods, body-building foods and protective foods are included in right amounts. Sufficient quantities of water and roughage should also be present.

The four basic groups of food are as follows :-

- a. Milk and milk products which provide all the nutrients.
- b. Pulses and meat which mainly provide protein and fats.
- c. Bread and vegetables which mainly provide carbohydrates.
- d. Fruits and vegetables which provide carbohydrates, vitamins and minerals

### **4. List the symptoms of kwashiorkor and marasmus.**

4. Kwashiorkor symptoms include - Stunted growth, Swelling of face and ends of limbs (especially the feet) , a large pot-like belly , Mental retardation, and diarrhea.

Marasmus symptoms include - Thin physique, Slow body growth , lack of energy, loss of appetite, mental retardation, weak legs, poor muscle development ,poor resistance to diseases, and slow pulse and breathing rates.