

NOTES

CLASS 6

SCIENCE

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COMPONENTS OF FOOD

. **Nutrients:** Food substances that provide nourishment to the body.

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

In addition, food also contains dietary fibres and water.

- Carbohydrates and fats mainly provide energy to our body.

- **Carbohydrates:** These are energy-giving compounds. There may be simple carbohydrates or complex carbohydrates.

- **Fats:** These are very high energy-giving compounds. They produce greater amount of energy than carbohydrates.

- **Minerals:** These are elements required by the body in small amounts. It is essential for growth and development of bones, teeth and red blood cells.

- **Proteins:** These are body-building foods. They help in the growth of the body.

- **Vitamins:** These are organic substances that protect the body from diseases.

- **Roughage:** It is the dietary fibre present in the food. It facilitates regular movement of the bowels and prevents constipation.

- **Balanced diet:** It provides all the nutrients that our body needs, in right quantities, along with adequate amount of roughage and water.

- **Deficiency Diseases:** These are the diseases caused due to the lack of required nutrients for a long period in the diet.

- Some Nutrients Deficiency Diseases are:

Vitamins	Deficiency Diseases	Symptoms
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and Minerals		
Vitamin-A	Night blindness	Poor vision or complete loss of vision in darkness
Vitamin-B1	Beri-beri	Weight loss and weak muscle
Vitamin-C	Scurvy	Bleeding gums
Vitamin-D	Rickets	Soft, tender and weak bones
Vitamin E	Crohn's disease	Pale skin and Rapid aging
Vitamin-K	Haemorrhage	Excessive bleeding with delay in clotting
Calcium	Osteomalacia and osteoporosis	Brittle bones
Phosphorus	Bad teeth, and Rickets	Twisted limbs, unformed teeth
Iron	Anaemia	Low red blood cell count
Iodine	Goitre	Enlarged thyroid gland



Food Sources

Vitamins

- Vitamins are the essential nutrients that help us in maintaining normal body functions and also to fight off infections.
- Fruits and vegetables are the major sources of vitamins.
- Vitamins also keep our eyes, bones, teeth, gums and skin healthy.

- A, B complex, C, D, E and K are the vitamins we get from different foods.

Vitamin	Functions of Vitamin
Vitamin-A	Keeps eyes and skin healthy
Vitamin-B1	Helps the body use energy from the food we eat
Vitamin-C	Help heal wounds, maintains healthy gums and blood vessels, fights infections
Vitamin-D	Keeps teeth and bones healthy
Vitamin E	Maintains healthy skin and hair, slows down aging, a powerful antioxidant
Vitamin-K	An important factor in blood clotting, bone healing and body repair



Minerals

- Minerals are important substances that help your body's form and function on many different levels.
- Minerals are essential for various metabolic functions including growth and organ functioning.
- Important minerals required for our body are sodium, potassium, calcium, zinc, iron, phosphorus, magnesium etc.

Some Important Questions-

1. Do all meals consist of the same food items?

Ans: No, all meals do not have the same food items.

2. Why should a meal have different food items?

Ans: A meal should have different food items because our body needs different kinds of nutrients for proper functioning.

3. Do all foods contain all the required nutrients?

Ans: No, all foods do not contain all the nutrients required by our body.



4. Name two main types of carbohydrates found in our food.

Ans:

(i) Starch

(ii) Sugar

5. What are carbohydrates?

Ans: The compounds of carbon, hydrogen and oxygen which provide energy for our body are called carbohydrates.

6. What happens when two or more drops of iodine solution fall on starch substance?

Ans: The colour of the substance becomes blue-black.

7. If any food item gives blue-black colour with iodine then which nutrient is present in the food?

Ans: Starch.

8. Name two substances which provide carbohydrates.

Ans: (i) Potato (ii) Rice/wheat/maize/sugar

9. Name the food nutrient indicated by an oily patch on paper.

Ans: An oily patch on paper shows the presence of fat.

10. Name two energy-providing nutrients.

Ans: (i) Carbohydrates (ii) Fats

11. Name a nutrient which helps in repairing the damaged body cells.

Ans: Proteins.

12. Name two nutrients which protect the body from diseases.

Ans: (i) Vitamins (ii) Minerals

13. Name two plant food items which provide proteins. Ans:

(i) Dal (pulses) (ii) Soyabean

14. Name two sources of proteins provided by animals.

Ans: (i) Milk (ii) Eggs

15. Which type of food is called body-building food?

Ans: The food containing proteins is called body-building food.

16. Name two food items which provide fats. Ans:

(i) Oils (ii) Ghee

17. Name various types of vitamins.

Ans: Various types of vitamins are:

1. Vitamin A, 2. Vitamin B-complex, 3. Vitamin C, 4. Vitamin D, 5. Vitamin E, 6. Vitamin K.

18. Name a vitamin which represents a group of vitamins.

Ans: Vitamin B-complex.



19. Name two sources of Vitamin A.

Ans:(i) Fish-oil (ii) Milk

20. Write two sources of Vitamin B.

Ans:(i) Liver (ii) Beans

21. Write two sources of Vitamin C.

Ans:(i) Orange/lime (ii) Amla

22. Write two sources of Vitamin D.

Ans:(i) Fish (ii) Butter

23. What is roughage?

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

24. What is the main function of roughage?

Ans: The main function of roughage is to help our body get rid of undigested food.

25. Name some food items which provide roughage.

Ans: Whole grains, fresh fruits and vegetables are the main sources of roughage.

26. 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)

27. How can you test presence of proteins in a given food item?

Ans: Take a small quantity of the food item. If the sample is solid, grind it. Put some part of this in a clean test tube, add 10 drops of water to it and shake the test tube. Now, with the help of a dropper, add two drops of solution of copper sulphate and 10 drops of solution of caustic soda to the test tube. Shake well and place the test tube in test tube stand for a few minutes.

Observe colour of the contents of test tube. If colour of the contents turns violet, the food item contains protein.

Note: Copper sulphate and caustic soda solutions are harmful. Handle them with care.

Food + water + copper sulphate + caustic soda → violet colour → protein is present.

28. Write test for detecting, presence of fat ?

Ans: Take small quantity of the food item. Rub it on a piece of white paper. Observe carefully, you will find that the piece of white paper shows an oily patch on it which indicates that the food item contains fat.





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