

ST. MICHAEL'S SCHOOL, MURI

CLASS-VI

Sub - SCIENCE

HOME ASSIGNMENT

Chapter 1 Food Where does it come from

1. Plant Sources of food : Parts of plants that are sources of food.

- i. Plant Roots : Beets, carrots, ginger, turnips, radishes, etc.
- ii. Plant Stems : bamboo, shoots, potato, sugarcane, etc.
- iii. Plant leaves : spinach, lettuce, cabbage, etc.
- iv. Plant flowers : cauliflower, rose, etc.
- v. Plant fruits : apples, grapes, oranges, mangoes, bananas, etc.
- vi. Seeds : sunflower seeds, rice, maize, wheat, gram, mustard, etc.

2. Animal Sources of food :

- i. Milk
- ii. Eggs
- iii. Meat
- iv. Fish
- v. Honey

3. Other Sources of food :

- i. Water
- ii. Salt

4. What do animals eat?

- i. Herbivores : Animals that only eat plants. Ex- cow, goat, sheep, horse, etc.
- ii. Carnivores : Animals that only eat meat. Ex- lion, tiger, leopard, etc.
- iii. Omnivores : Animals that eat both plants and animals. Ex- Human beings, bear, crow, etc.

5. Food : Nutritious substance that people or animals eat or drink or that plants absorb in order to maintain life and growth. Food is essential for both plants and animals.

6. Uses of food in our body :

- i. For energy
- ii. For growth
- iii. For body function
- iv. For wounds healing
- v. For good health.

Home Assignment :

1. Why do we need food?
2. Differentiate between herbivores and carnivores.
3. Name the sources of different food items.
4. Name five plants and their parts that we eat.
5. Fill in the blanks:
 - i. We get sugar from _____ .
 - ii. A deer eat only plant product and so it is called _____ .
 - iii. Honey bees collect nectar from _____ .
 - iv. We eat _____, stem and _____ of some plants.

Chapter 2 Components of food

Nutrients : Food substances that provide nourishment to the body.

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

* Carbohydrates and fats mainly provide energy to our body.

* Carbohydrates: cellulose, starch and sugar.

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

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

Sources of fats : Animal fat and vegetable fat.

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 growth of the body.

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

Balanced diet : It provides all the nutrients in right quantities along with adequate amount of roughage and water.

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

Malnutrition : When a person eats enough of food but his diet is unbalanced is known as malnutrition.

Undernutrition : A person not eating sufficient food to maintain good health is suffering from undernutrition.

Some Nutrients Deficiency Diseases are :

1. Protein : Kwashiorkar - stunted growth, thinning of legs, protruding belly.
2. Protein and Carbohydrates : Marasmus - Partial arrest of growth, lack of energy.
3. Vitamin D and Calcium : Rickets - Bowed legs, bent spine.
4. Vitamin C : Scurvy - Bleeding and swelling of gums, weakness.
5. Iodine : Goitre - Enlargement of thyroid gland.
6. Iron : Anemia - Fatigue, loss of appetite, pale skin.
7. Vitamin A : Night blindness - No vision at night or dim light.

Home Assignment

1. What is balanced diet?
2. What are deficiency diseases?
3. Which disease is caused by deficiency of :
i. Vitamin A ii. Vitamin C iii. Vitamin D
4. Why are minerals essential for our body?
5. Why proteins are called building blocks of body?
6. Choose the correct option :
i. Oil is rich in - (Fats/Protein)
ii. Lemon contains - (Vitamin C/Vitamin D)