

Ch2 Components of Food

Keywords

Balanced Diet- Balanced diet is that diet which have all the nutrients that our body needs in right quantity along with a good amount of roughage and water.

Deficiency disease-Deficiency diseases or disorders are caused due to deficiency of one or more nutrients Over a long period. Like anaemia is caused due to deficiency of iron, goitre is caused due to deficiency of iodine in our diet.

Carbohydrates- Carbohydrates are compounds made up of three elements Carbon, Hydrogen and Oxygen The carbohydrates in our food are in form of glucose, other sugars and starch Sources of carbohydrates are wheat, maize, rice, jawar, hajra, sugar, honey, sugarcane, sugar,jaggery etc Functions of carbohydrates - such as starch and sugar provide most of energy to our body.

Fats: They are also made up of carbon, hydrogen and oxygen. Sources of fats: Some sources of fats are oils, ghee, milk, butter, eggs, meat etc. Functions of fats: Fats also give energy Fats give much more energy as compared to same amount of Carbohydrates.

Proteins: These are complex compound made up of carbon, hydrogen, oxygen, nitrogen and sulphur Sources of proteins: Whole cereals such as wheat, ground-nuts, beans, pulses, fish, meat, milk, cheese etc .Function of proteins: Protein are needed for growth and repair of the body. They are also called as body building food

Nutrients- Nutrients are chemical substances that are needed by our body for its proper growth and functioning.

Vitamins : They are group of organic compounds essential in small amounts for maintaining normal health and development. Function of Vitamins: Vitamins help in protecting our body against diseases. They help in keeping our eyes, bones, teeth and gums healthy.

Roughage also called dietary fibres. Salad vegetables, fresh fruits, whole grains and pulse are rich source of roughage Roughage is essential component of our body which adds bulk, and body gets rid of undigested food and prevents constipation.

Minerals- Different types of minerals necessary for proper growth and functioning of body and required in small quantity, eg iron, calcium, phosphorus, potassium, sodium, iodine.

Starch: Starch is a complex form of carbohydrate. Important sources of starch are rice, wheat, maize, potatoes, etc

Exercises

1.Name the major nutrients in our food.

Ans: The major nutrients in our food are carbohydrates, proteins, fats, vitamins and minerals.
The table below shows the nutrients present in some food items:

Name the following:

- (a) **The nutrients which mainly give energy to our body.**
- (b) **The nutrients that are needed for the growth and maintenance of our body.**
- (c) **A vitamin required for maintaining good eyesight.**
- (d) **A mineral that is required for keeping our bones healthy.**

Ans:

- (a) Carbohydrates
- (b) Proteins
- (c) Vitamin A
- (d) Calcium

3. Name two foods each rich in:

- (a) **Fats**
- (b) **Starch**
- (c) **Dietary fibre**
- (d) **Protein**

- (a) Ghee, butter,
- (b) Raw potato, rice,
- (c) Spinach, cabbage, carrot, ladies finger, (any two)
- (d) Milk, egg, fish, meat, pulses

Tick (/) the statements that are correct, cross (X) those which are incorrect.

- (a) **By eating rice alone, we can fulfill nutritional requirement of our body,**
- (b) **Deficiency diseases can be prevented by eating a balanced diet.**
- (c) **Balanced diet for the body should contain a variety of food items.**
- (d) **Night blindness is caused due to deficiency of_____ in our food.**

Ans:

- (a) Rickets
- (b) Vitamin B1
- (c) Scurvy
- (d) Vitamin A

EXTRA QUESTIONS for Class 6 Science Chapter 2

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)

Write the functions of water in our body.

Ans: Water helps our body to absorb nutrients from the food. It also helps in removing the waste from the body in the form of urine and sweat. We get water from various types of liquids, fruits and vegetables.

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.