

# Subject- Science

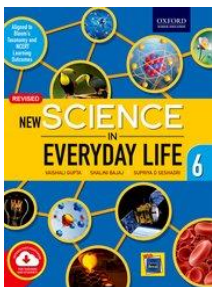
## Class-6

### L-2, COMPONENTS OF FOOD

#### (Assignment 2)

Dear Students,

I hope you have seen the video of chapter 2 (Part – 2). Here is the link to your Science e-book, New Science In Everyday Life. You may

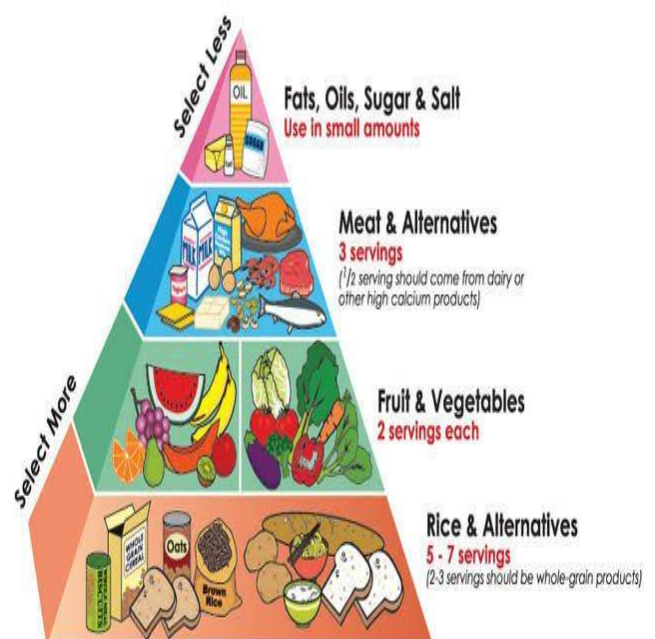


<https://drive.google.com/open?id=1GS5YU1gBnHe40FTMN687rZcbXtWc2S-W>

download the book by clicking on the given link.

Before answering the questions, go through the keywords.

### QUICK RECAPITULATION



## KEYWORDS

1. **Balanced diet** –A diet that contains adequate amount of different components of food required for healthy functioning of the body.
2. **Deficiency diseases** –Diseases that are caused due to the lack of nutrients in the diet.
3. **Malnutrition** – When a person eats enough of food but his diet is unbalanced.
4. **Undernutrition** –A person not eating sufficient food to maintain good health.
5. **Retardation** – Slow development.
6. **Dehydration** – Excess loss of water from the body.
7. **Haemoglobin** –A red substance in the blood that carries the gas we need to live (oxygen) and contains iron.

### Fact

*The Mid-day Meal scheme has been launched by the Government of India. Under this scheme, school-going children are provided free nutritious food in their schools.*

Let's now apply what we have learnt

## GENERAL INSTRUCTIONS

Do the following questions in your Science Notebook (interleaf notebook) or on loose sheets (if you do not have the notebook).

## **A. OBJECTIVE TYPE QUESTIONS**

### **1. Fill in the blanks.**

- a. The vitamin that gets easily destroyed by heating during cooking is\_\_\_\_\_.
- b. Deficiency diseases can be prevented by taking a \_\_\_\_\_ diet.
- c. \_\_\_\_\_ is caused by deficiency of vitamin D.
- d. Deficiency of \_\_\_\_\_ causes a disease known as beri – beri.
- e. Deficiency of vitamin C causes a disease known as \_\_\_\_\_.
- f. Night blindness is caused due to deficiency of \_\_\_\_\_ in our food.

### **2. Write one word for the following :**

- a. A condition caused by excess loss of water
- b. Disease caused due to deficiency of proteins
- c. Malnutrition caused due to deficiency of proteins along with carbohydrate
- d. Disease caused by deficiency of iodine in the diet
- e. A vitamin required for maintaining good eyesight

## **B. SHORT ANSWER TYPE QUESTIONS**

- 1. What is a balanced diet? Why is it important to have a balanced diet?
- 2. What are deficiency diseases? Name any two deficiency diseases and their causes.
- 3. How does the balanced diet of a man doing hard physical work differ from another man doing normal work?

4. Write the different food groups that should be included in a balanced diet.

### **C. LONG ANSWER TYPE QUESTIONS**

1. What is PEM? List the common symptoms of PEM in children.
2. Describe the effect of protein deficiency in children.
3. Prepare a table to show various vitamins and the disorders caused by their deficiency. (On blank page of your inter-leaf notebook)
4. Describe the functions of any four minerals and what their deficiency leads to over a period of time.

### **D. HIGH ORDER THINKING QUESTIONS (HOTS)**

1. Explain why people who eat sea – food do not suffer from goitre.
  2. Why is it advised to take iodised salt?
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