

6 Sc Components of food

1. Fill in the blanks.

(8)

- (i) Deficiency of Vitamin _____ causes a disease known as beriberi. (ii) Deficiency of Vitamin C causes a disease known as _____. (iii) Night blindness is caused due to deficiency of _____ in our food. (iv) Sea food is a rich source of _____. (v). Protective food includes _____ and _____. (vi). Proper functioning of our digestive system is due to the presence of _____ in our diet. (vii). _____ is caused by deficiency of Vitamin D. (viii). _____ is caused due to the deficiency of vitamin D.

2. Tick (✓) the statements that are correct.:

(4)

- (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) Meat alone is sufficient to provide all nutrients to the body.

Q 3-12 carry 1 mark each.

3. A child is having a swollen neck and is mentally disabled. What disease is he suffering from? 4. Which disease is caused due to deficiency of iron? 5. Name the vitamin which gets destroyed on heating. 6. Name the disease caused by lack of proteins? 7. Does honey bee eat honey as a food? 8. What is obesity? 9. Deficiency of which nutrients make a person thin and weak and causes stunted growth? 10. Which vitamin can be prepared by our body in the presence of sunlight? 11. Which mineral help in maintaining fluid balance in body 12. Name the disease caused by lack of carbohydrates?

Q 13-18 carry 2 marks each. Q 19-20 carry 5 marks each.

13. (a) Which mineral help in making blood? (b). Which mineral help in building of bones and teeth 14. Name the main nutrient present in the following :(a)Egg white (b) Papaya 15. What are main component of food? 16. Why are fats important for the body? 17. What are Nutrients? 18. Why patients and Sport man are given Glucose solution?

19. Match the following

Column A	Column B
a. Anaemia	i. Iodine
b. Scurvy	ii. Vitamin D
c. Goitre	iii. Vitamin A
d. Night blindness	iv. Vitamin C
e. Rickets	v. Iron

20. Match the following:

Column A	Column B
a. Vitamin A	i. Beri-Beri
b. Vitamin C	ii. Rickets
c. Vitamin D	iii. Scurvy
d. Vitamin B1	iv. meat, egg, fish
e. Rich in proteins	v. Night blindness

21. MCQs in the format of Quiz and test – as available in the school (Projection system)

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6 SS When where and how? (Q 1-4 : 1 mark each; 5-6 : 3 marks each; 7-10 : 5 marks each;)

1. What is epigraphy? 2. What is numismatics? 3. What is history? 4. What is pre history? 5. Explain the following terms- (a) Decade (b) Century (c) Millennium 6. Why do we learn history? 7. What the following represent? (a) BC (b) AD (c) BCE (d) CE (e) Ca 8. Name the centuries for the following (a) 1123 (b) 1947 (c) 2016 (d) 1857 (e) 1469 9. Write short notes on the following sources for the study of history (a) archaeology (b) manuscripts (c) inscriptions (d) coins and seals (e) Monuments

Map Work

10. The civilizations of Egypt, Mesopotamia, the Indus valley and China were located in and around river valleys. Locate these places on a map of the world (use different colour combinations).

6 Symposium Spoken English and Personality Development Programme (Activity level 1)

Speaker1 Roll No. 5, 10, 15, 20, 25, 30, 35, 40 ...	Speaker2 Roll No. 1, 6, 11, 16, 21, 26, 31, 36
Speaker3 Roll No. 2, 7, 12, 17, 22, 27, 32, 37	Speaker4 Roll No. 3, 8, 13, 18, 23, 28, 33, 38
Speaker5 Roll No. 4, 9, 14, 19, 24, 29, 34, 39.....	and so on

6 Sym. When, where and How?

Speaker 1. Good morning friends. We welcome you all for our presentation “When, where and How? The presentation will be covered byandHistory is the study of our past. It includes the following (a) What people did and how do they live in the past? (b) Economy, occupations and the eating habits of the people (c) rulers and the battles they fought. History also studies how the past events have affected the lives of the people. It tries to understand and explain the events of the past by examining various factors. In history, we learn how human beings have interacted with the elements of nature to create rich cultures and civilisations; and how at times nature, and sometimes humans themselves, have destroyed the entire that people had created. Nowwill discuss reasons as to “Why do we study history?”

Speaker 2. Thank you, Why do we study history? (a) History teaches us to carefully examine and question the facts before accepting them as truth. (b) History educates us. We can learn from mistakes made by people in the past. It thus helps us make better decisions in the present and plan the future. (c) A study of the past gives us a sense of identity, it teaches us who we are and who our ancestors were. (d) We need to know our past to understand our present. Thousands of people fought and gave up their lives to make India an independent country. We will value the freedom we now enjoy better when we know the cost at which we got it. For that, we need to study the past. (e) A study of history is meant to make us more tolerant and open minded about other people and their cultures. Nowwill discuss about the importance of times and dates in history

Speaker 3. Thank you,In history, it is important to learn how to tell the dates of significant events. Usually, historians count the years forwards or backwards from the year in which Jesus Christ is believed to have been born. The period before the birth of Christ is known as BC (Before Christ). The period after that is known as AD (Anno Domini, i.e., the year of our Lord in Latin). Nowadays, most historians prefer to use the terms BCE and CE in place of BC and AD. BCE stands for ‘before the common era’, and CE stands for common era. The term circa (or ca in short) is used when the date of an event is not known for sure. Some other terms we come across quite often in history are decade, century and millennium. A decade is a period of 10 years, while a century is a span of 100 years, and a millennium refers to a period of 1000 years. Nowwill discuss how the centuries are named.

Speaker 4. Thank you, Naming centuries- When we say an event occurred in the 12th century CE, we are naming the century. This name is different from the actual date on which the event occurred. For example, the years from 1100 CE to 1199 CE fall in the 12th century. We say India became independent in the 20th century, though the year was 1947. We live in the 21st century, though the year is 2016. In another example, 1446 CE is said to be in the 15th century CE, and 361 BCE is in the 4th century BCE. The history of the Indian subcontinent has also been influenced by the physical features of the land. To understand history of India we must know its geography. Nowwill discuss various geographical features which have influenced the history of India.

Speaker 5. Thank you, Important geographical features of India include (a) The Himalayas (b) The oceans and seas (c) The Northern Plains (d) The Deccan Plateau (a) The Himalayas - The immensely high ranges of the Himalayas stretch across the north of India. They have acted as a barrier against invading forces from the north. (b) The oceans and seas. The seas that surround India on three sides have protected peninsular India from attacks. The long coastline with its natural ports and harbours has also encouraged trade, for thousands of years, with distant lands like Rome, Mesopotamia (present-day Iraq), Egypt and South-East Asia. The kingdoms of South India were able to develop strong navies and establish overseas colonies in South-East Asia and Sri Lanka. (c) The Northern Plains The northern plains, lying between the Indus and the Ganga rivers, is a vast expanse of fertile land. The fertile nature of the plains encouraged the growth of agriculture. This, in turn, led to the establishment of many powerful kingdoms and empires here, like those of the Mauryas and the Guptas. (d) The Deccan Plateau. The Deccan Plateau is separated from northern India by the Satpura and Vindhya mountain ranges. This isolation enabled the growth of several regional kingdoms here, like those of the Cholas, the Chalukyas and the Rashtrakutas. With this we come to an end of our symposium. Thank you.

Note for subject teachers, students and parents

The Quiz and e-test mentioned below are available on the school E-board (Smart class).

The same is also available on the following link.

2. Quiz- <http://www.learnmyway.in> 06(04) DOI Apr 16 2016.Q.Sc. Components of food

3. Electronic test - <http://www.learnmyway.in> 06(04) DOI Apr 16 2016.ET.Sc. Components of food

Mobile version of e-test is also available online.

Path to find the above mentioned contents on the internet / smart phone (mobile)

www.asmodernkhanna.com (Click on E curriculum) Click on your school folder (AS Modern School) Log on with the password. Please contact school authorities (Class teacher/Subject teacher) in case password is not known / communicated)

Help line : email Rajinder_k_sharma@yahoo.com Skype : rajinder.sharma1958 Mob : 9357388588