

6/4/2020 to 11/4/2020

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Class-6th

Page No.:
Date: / /

Subject-Science ch-1 sources of food.

Why do we need food?

Food is essential for everybody to grow and obtain energy. Energy is needed to perform well in the daily life. If one does not eat for one day, the physical strength goes down. Therefore, to get sufficient energy, everybody needs different meals at different intervals of time of the day. Meal is a food eaten at a particular time of the day.

The three main meals constitute breakfast, lunch and dinner. The food consumed in the morning hour is known as breakfast. Lunch is the food of daytime and dinner constitutes food at night. The breakfast, lunch and dinner are the major meals on which our physical and mental strength depends. Now let us conduct the following activity related to your daily meals.

Activity-1 Make a group of 6-7 of your friend. Draw a table like one given below and write the food taken during breakfast, lunch and dinner by each of them. You may add more number to it.

No.	Name	Breakfast	Lunch	Dinner
1				
2				
3				
4				
5				
6				
7				

Ingredients of food.

Everybody relishes cooked food. It contains various ingredients. One cannot depend on one type of food only. Some of these food provides energy (Carbohydrates and fats) some food help in body building (Protiens) and certain food act as protective foods (Vitamins and minerals) you will learn more about these in

There are some food items which need many ingredients to prepare. For example, for cooked pulses, you need dry raw pulse, salt, spices, oil and water. Therefore the cooked pulses you eat contain many ingredients. Like pulse there are many other food items which contain several components. Thus everybody needs various food ingredients to prepare the meals. Now you will learn about these sources.

Sources of food.

Plant and animals are the two major sources of food. Let us know about the food items provided by plants and animals.

Plant as source of food.

Animals and human beings depend on plants directly or indirectly for food and other useful materials.

Different parts of plants are used as the source

of food. Food is stored by plant in stem, roots, leaves, fruits and seeds. Given below are examples of these part used in the form of food.

Stem → Stem of some plant grow under the ground and store food in them. For example potato, onion, garlic, etc. Sugarcan is also a stem and is a rich source of sugar.

Root → These are good source of food for human beings. The common roots you eat are radish, sweet potato, Carrot, turnip, etc. The common roots used as spices are ginger and turmeric.

Leaves → Leaves are the food factories of the plants because food is synthesized in them. The most common leaves used as food are spinach, fenugreek, cabbage, lettuce, mustard, etc. Some leaves are also used

as beverages like tea.

Fruits → Fruits are juicy, tasty and delicious source of food. Some common fruits are banana, apple, orange, mango, coconut, peach, papaya and many more. Some fruits are also used as spices, such as red pepper, chillies, black pepper, etc. Grapes are also used to prepare wine.

Exercise

Q:1 Read the above passage carefully.

Q:2 Find the hard word and write their meaning.

Q:3 Do Activity 1

Q:4 Why do all living beings need food?

Q:5 Name two major source of food. ?

Q:6 Learn and write 15 fruits name.

Q:7 What is source of food.

Q:8 Fill in the blanks.

[I] _____ helps in body building.

[II] Sugar is obtained from the stem of _____

[III] Eggs are the rich source of _____