

Lord Buddha national public school

Sreeribika Jalpukh
online class Part III

study time
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class VIth

subject - Science

chapter - 2 → Components of Food

Need of variety of Food

Food is very important and essential for the growth and survival of living things. You get a variety of food items from plant and animals. The varieties of food are necessary as they provide us essential nutrients for our development. Due to this reason, our different meals contain different food items. Now the question arise why different types of food are needed? Why you cannot eat only rice and chapattis? Why are the pulses, vegetables, milk, eggs etc added to your daily meals? You will get the answer of these question in this lesson.

Component of food → your body requires various nutrients to keep you fit and healthy. The nutrients are the food substances which are essential for your growth development and maintenance. The nutrients required by the body can be

classified into the following groups.

1. Carbohydrate
2. Proteins
3. Fats
4. Vitamins
5. Minerals
6. Roughage
7. Water.

1- Carbohydrates → These are energy giving food items. Carbohydrates are made up of carbon, hydrogen and oxygen. These are present in the form of sugar and starch. The chief source of carbohydrates are potato, banana, maize, bajara, wheat, rice, bread and sugar. These are quick source of energy. The excess carbohydrates are mainly stored in the body as fats.

2- Proteins → Proteins are body building foods and constitute most important components of our daily meals. These contains carbon, hydrogen, oxygen and nitrogen. The building block of proteins are amino acid.

The human body is made up of 20 amino acids and constitute all the proteins of the body. The rich sources of plant proteins are cashewnuts, groundnuts, almonds, beans, peas pulses etc. The animal sources of proteins are fish egg, milk, curd, cheese, proteins also help in repairing, worn out cells of the body.

3- Fats \Rightarrow Fats are the richest sources of energy. These contains carbon, hydrogen and oxygen similar to carbohydrates. However, the amount of oxygen is less in fats as compared to the carbohydrates. The plant sources of fats ~~are~~ are nuts, soyabean seeds of mustard sunflower, etc. The animals source are ghee, egg yolk, butter, cheese, milk, meats etc.

4. Vitamins \Rightarrow vitamins are required in small amounts but are essential for the proper functioning of the body. About 15 vitamins are needed. Each vitamins has 9

specific function. These cannot be synthesized by the body so they become necessary to be supplemented by the external sources. The various sources of vitamins are green leafy vegetables, milk, fruits, egg, fish, whole grain cereals, liver etc. The main function of vitamins is to maintain overall health of the body. The major vitamins like A, B, C, D and K their sources, functions and deficiency diseases are given.

Minerals → Minerals are extracted from the ground through the process of mining, therefore, they are called minerals. About 21 minerals are needed for proper growth and functioning of the body. The various source of minerals are meat, eggs, vegetables, fruits, salts, etc. A few minerals required by the body are iron, calcium, phosphorus, sodium, potassium, iodine etc.

Exercise

Q: 1 Read the given passage carefully.

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

Q: 3 Write a short notes on carbohydrates.

Q: 4 Multiple choice questions.

[9] Which among the following is not the component of food.

[i] Carbohydrate

[ii] Fats

[iii] Vitamins

[iv] Oxygen

[6] The energy giving foods are.

[i] Proteins

[ii] Carbohydrates

[iii] Fats

[iv] both b and c.

[8] Protein foods are rich in

[i] nitrogen

[ii] hydrogen

[iii] oxygen

[iv] water

[d] Fats contains.

[i] Oxygen

[ii] Hydrogen

[iii] Carbon

[iv] all of these.

[e] Vitamins are required by the body in

[i] trace amounts

[ii] normal amount

[iii] large amount

[iv] none of them

Key words

Carbohydrates - Energy giving food items.

Proteins - Body building food items.

Roughage - Undigested food

Balance diet - Adequate amount of nutrients in diet.

PEM : Protein energy malnutrition