

subject - science

class - VI

Roughage → Roughage is a fibrous food which remains in an undigested form. It is an important part of your meals. It helps in the digestion and is important for the proper functioning of your digestive system. It also help in retaining water in the body thus, prevents constipation. The plant products like cellulose act as roughage. Your digestive system cannot digest cellulose so it acts like roughage. Various source of roughage are apple, orange, pear, Cabbage etc.

Water →

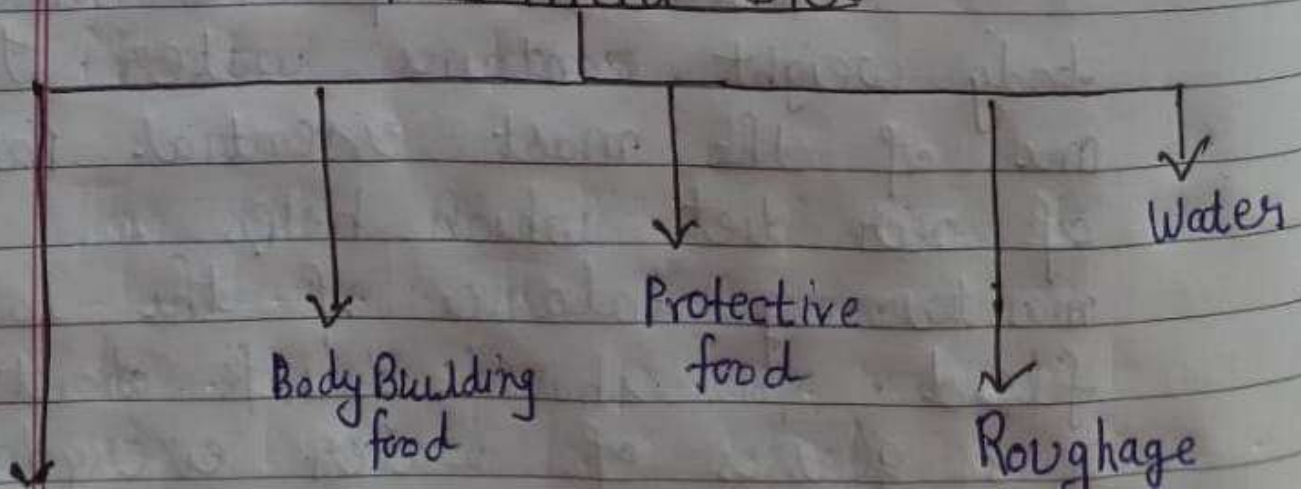
About 70% of the human body weight contains water. It is one of the most essential parts of our diet which helps in maintaining balance of the body fluid. You should drink about 7-8 glasses of water everyday.

Balance diet →

Various factors are involved which help us to grow and live healthy. These factors are balanced diet, rest, exercise, hygiene etc. In this section you will learn about an important factor involved for your good health i.e. balanced diet.

A balanced diet contains right proportion of all the nutrients, such as carbohydrate, proteins, fats, vitamins, minerals, water etc. You should always take meals which contain all these components. The various sources of these components have been discussed earlier in this lesson.

Balanced Diet



Deficiency Diseases

Deficiency diseases occur when you do not take a balanced diet. There are many poor people who cannot afford and include all the food items, required in their diet. However, there are some other people who have wrong food habits and do not eat balanced diet. Food habits. ~~and~~ For examples Some children do not like to eat green leafy vegetables or drink milk. Some people prefer too much fatty food. The amount of fat increase in their diet as their wealth increases. This is a wrong practice.

All these people who do not take balanced diet due to any reason suffer from various diseases. The lack of any of the nutrients in the diet causes deficiency diseases. Now you will learn about the deficiency diseases caused by the lack of various food components in your diet.

Deficiency of carbohydrates

Carbohydrates are the major sources of energy in the body. The lack of carbohydrates causes

- 1 weakness and lack of stamina.
- 2 Ill health.
- 3 Laziness.

Deficiency of proteins

The lack of proteins in the diet causes protein calorie malnutrition (PCM) or protein-energy malnutrition (PEM.)

The patient suffering from PEM, shows following disorders.

- 1 Improper body growth.
- 2 Vulnerable to diseases.
- 3 Anaemia.
- 4 Mental weakness.

The PEM is most prevalent in children. The two common diseases of protein malnutrition are Kwashiorkor and marasmus.

Exercise

Q.1 Read the given passage carefully.

Q.2 Find the Hard word and write their meanings.

Q.3 Write the Deficiency of carbohydrates.

Q.4 What is Roughage.

Q.5 How many percent of water in Human body?

Q.6 What is Balanced diet?

Q.7 Write a short note on Deficiency of Diseases.