

MAHESH PUBLIC SCHOOL, JODHPUR

Class–VI Subject Science Revision Notes CHAPTER – 2 Components of Food

- **Nutrients:** Food substances that provide nourishment to the body.
- The major nutrients in our food are carbohydrates, proteins, fats, vitamins and minerals. In addition, food also contains dietary fibres and water.
- Carbohydrates and fats mainly provide energy to our body.
- Carbohydrates: cellulose, starch and sugar.
- **Carbohydrates:** These are energy-giving compounds. There may be simple carbohydrates or complex carbohydrates.
- Sources of fats: animal fats and vegetable fats.
- **Fats:** These are very high energy-giving compounds. They produce greater amount of energy than carbohydrates.
- Carbohydrates and fats are Energy giving food.
- **Minerals:** These are elements required by the body in small amounts. It is essential for growth and development of bones, teeth and red blood cells.
- **Proteins:** These are body-building foods. They help in growth of the body.
- **Vitamins:** These are organic substances that protect the body from diseases.
- **Roughage:** It is the dietary fibre present in the food. It facilitates regular movement of the bowels and prevents constipation.
- Dietary fibre and water are not food.
- **Balanced diet:** It provides all the nutrients that our body needs, in right quantities, along with adequate amount of roughage and water.
- **Deficiency Diseases:** These are the diseases cause due to the lack of required nutrients for a long period in the diet.
- **Malnutrition:** when a person eats enough of food but his diet is unbalanced, it is known as malnutrition.
- **Under nutrition:** A person not eating sufficient food to maintain good health is suffering from under nutrition.

Some Nutrients Deficiency Diseases are:

1. **Protein: Kwashiorkor** - Stunted growth, thinning of legs, protruding belly.
2. **Protein and Carbohydrates – Marasmus** – Complete/partial arrest of growth, lack of energy.
3. **Vitamin D and calcium: Rickets** – Bowed legs, bent spine
4. **Vitamin C: Scurvy** – Bleeding and swelling of gums, weakness.
5. **Iodine: Goitre** – Enlargement of thyroid gland, retarded growth.
6. **Iron – Anaemia** – Fatigue, loss of appetite, pale skin.
7. **Vitamin K : -Bleeding disease-** delay in blood clotting leads to excess bleeding.
8. **Beri-beri : - Vitamin B₁** - weakness in muscles, little energy to do work, paralysis
9. **Night blindness - Vitamin A** - No vision at night or in dim light.

Worksheet-01
Class – VI Science (Components of Food)

1. Night blindness is caused by the deficiency of
 - a. Vitamin C
 - b. Vitamin K
 - c. Vitamin D
 - d. Vitamin A
2. Weak bones and tooth decay is caused by the deficiency of
 - a. Carbohydrates
 - b. Proteins
 - c. Calcium
 - d. Vitamin A
3. Iodine solution is used to test
 - a. Protein
 - b. Starch
 - c. Fats
 - d. Vitamin D
4. Which vitamin is destroyed during heating?
 - a. Vitamin C
 - b. Vitamin A
 - c. Vitamin K
 - d. Vitamin D

5. Match the followings:

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

6. Fill in the blanks.
 - a. Lack of vitamins and minerals in our diet causes several _____ diseases.
 - b. Pulses are rich in _____.
 - c. Carbohydrates provide _____ to the body.
 - d. Goitre is caused due to deficiency of _____ in our diet.
 - e. _____ is called sunshine vitamin.
7. What are the main components of food?
8. Why are fats important for the body?
9. Define balanced diet? Is this same for all persons.
10. Mention the food constituents which may be lacking in one's diet, in case of the following:
 - a. A person suffering from anaemia.
 - b. A boy suffering from poor eye sight.
 - c. A child suffering from marasmus
 - d. A lady suffering from goitre