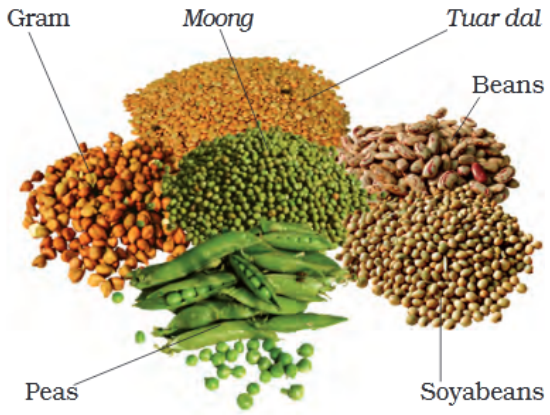
SARALA BIRLA PUBLIC SCHOOL

Birla Knowledge City, Mahilong, Ranchi
CLASS-VI, (2020-21)
Sub: Biology
(Assignment-5)

COMPONENTS OF FOOD

PROTEINS: Body building food

- It contains carbon, nitrogen, oxygen and hydrogen.
- It is required to build and repair tissues.
- Our hair, nails, skin and muscles are mostly made up of proteins.



(a)

SOURCES OF PROTEIN

VITAMINS:

- It is essential for the healthy functioning of the body.
- Fat soluble vitamins are Vitamin A ,D ,E, K.
- Water soluble vitamins are vitamin B and C.
- Vitamin K helps in blood clotting.

MINERALS:

- It is required in small quantities
- Examples: calcium, magnesium, chlorine, fluorine, iron, sulphur, phosphorous ,iodine
- Deficiency of vitamins and minerals in the diet causes deficiency diseases.
- Diseases that are caused due to lack of nutrients over a long period of time are called deficiency diseases.

Mineral and sources	Function	Deficiency disease	Symptoms
Calcium **Sources:** Milk and green leafy vegetables	Strengthens bones and teeth and helps in clotting of blood	Osteoporosis in adults Rickets in children	Brittle bones; excessive bleeding; stunted growth; weak teeth and bones
Phosphorus **Sources:** Cereals, pulses (dal), and milk	Strengthens bones and teeth	Rickets in children	Weakening of bones; poor development of bones and nervous system; mental retardation; retarded growth; loss of weight
Iron **Sources:** Cereals, pulses, meat, and green leafy vegetables	Helps in the formation of haemoglobin and red blood cells	Anaemia	Pale body colour; body fatigue; white nails; loss of weight; swelling in hands and feet
Iodine **Sources:** Fish and salt	Required for proper working of the thyroid gland	Goitre	Enlargement of the thyroid gland; mental retardation; retarded growth
Sodium and potassium **Sources:** Salt and most food items	Help in maintaining body's water balance	Body and muscle weakness Paralysis	General weakness; dehydration
Magnesium **Sources:** Green leafy vegetables, cereals, chicken, and fish	Regulates the functioning of muscles and nerves	Weak muscles and nerves	Loss of appetite; upset stomach; sleeplessness

Vitamin/ Mineral	Deficiency disease/disorder	Symptoms
Vitamin A	Loss of vision	Poor vision, loss of vision in darkness (night), sometimes complete loss of vision
Vitamin B1	Beriberi	Weak muscles and very little energy to work
Vitamin C	Scurvy	Bleeding gums, wounds take longer time to heal
Vitamin D	Rickets	Bones become soft and bent
Calcium	Bone and tooth decay	Weak bones, tooth decay
Iodine	Goiter	Glands in the neck appear swollen, mental disability in children
Iron	Anaemia	Weakness

EXERCISE:

Q 1. Choose and write the correct answer:

A. Which of these ingredients is not obtained from plants or animals?

i. salt ii. meat iii. milk

B. Which of the following stems are edible?

i. ginger, onion, potato

ii. onion, potato, garlic

iii. carrot, pumpkin, radish

C. When you are eating sugarcane, you are actually eating

i. fruit of sugarcane

ii. stem of sugarcane

iii. roots of sugarcane

D. Which of these nutrients are classify into protective food?

i. vitamins, minerals ii. fats iii. proteins

E. Which is not correct for roughage

i. it does not provide with nutrients

ii. it is part of balanced diet

iii. it leads to constipation

F. Diet that contains all types of nutrients in appropriate amount along with water and roughage is called_____

i. balanced diet ii. diet iii. Deficiency diet

G. _____ helps to remove waste from the body.

i. fats ii.proteins iii.roughage

H. Components of food are collectively known as which of the following?

i.carbohydrates ii.fats iii.nutrients

I. Which of the following components of food is responsible for the growth and repair of our body?

i.fats ii.proteins iii.vitamins

J. Which of the following keeps our skin and eyes healthy?

i. Vitamin A ii.Vitamin B iii.Vitamin C

K. Which of the following vitamins is necessary for our bones and teeth?

i. Vitamin A ii. Vitamin B iii. Vitamin D

L. Our body prepares which vitamin in the presence of sunlight?

i. Vitamin A ii. Vitamin B iii. Vitamin D

2. PROJECT :

Identify food items eaten in different parts of India and mark these on its map.