



Class VI- CHAPTER:- COMPONENTS OF FOOD .

GUIDELINES-

Dear Students

- Refer to the following content of the Chapter : Components of Food .
- These notes will help you understand the concept of the lesson and complete the assignment that follows, which will be graded on submission.
- Do the assignment questions in the science notebook.
- Watch the videos related to the subtopics for which the links have been provided to you for further clarification.
- By now, you know the sources of various foods. In this section we will learn about healthy food choices as well as the nutrients present in the food that we consume.
- You may follow the given link/PDF to refer to class 6 science NCERT /LIVING SCIENCE BOOK FOR THIS CHAPTER:

<http://ncert.nic.in/textbook/textbook.htm?fesc1=2-16>

- Kindly note that the pdf of living science chapter is only for reference purpose, so that the child may enhance his/her understanding of this chapter's concepts.
- **The questions / assignments given in the attached pdf are not to be done in the science notebook.**
- **However, questions given as an assignment at the end of this lesson are to be done in the science notebook.**

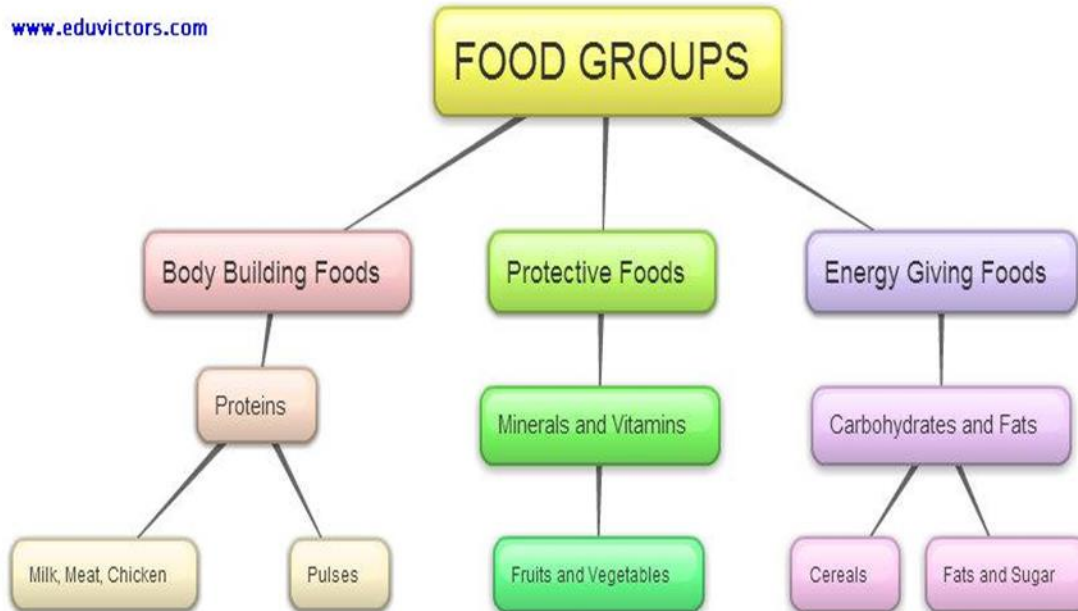
1.1 Nutrients and Nutrition

- The food that we eat has some essential components. These components are called **nutrients**.
- Nutrients are the chemical substances that provide nourishment for the proper growth and development of our body.
- Our food contains mainly five major kinds of nutrients namely: **Vitamins, minerals, carbohydrates, proteins and fats**.
- Additionally, food also contains **water and dietary fibre/roughage**, which are also required by our body.

1.2 Major Nutrients of Food

- We need food for energy, growth, development and to keep ourselves healthy.
- The process by which living organisms obtain food and utilize it for their growth and development is known as **nutrition**.

The food items that contain these nutrients can be classified as-



Now, in this lesson, let us study about body building foods in detail:

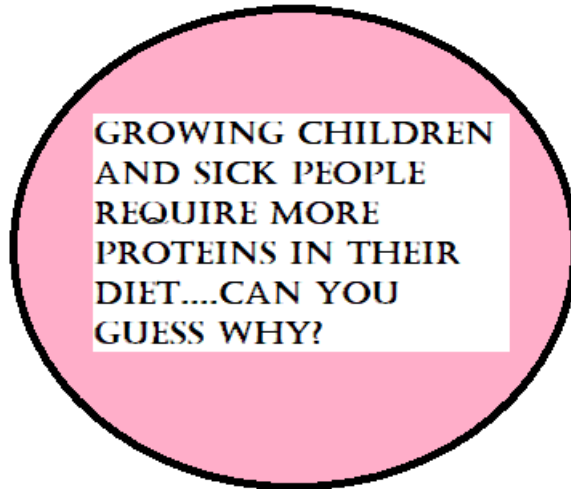
A. Body-building foods:



- These food items are rich in proteins.
- They are extremely important for growth, repair and maintenance of the body cells.
- Some of the examples of protein obtained from-
Plants are soya beans, pulses, peas and groundnuts.
Animals are meat, eggs, fish and milk.



FACT TIME



Now, watch this video and attempt the assignment based on it :

<https://www.youtube.com/watch?v=7Xob9LQhu6U>

ASSIGNMENT

- Q1. Define : Nutrients and Nutrition.
- Q2. Why are proteins called body building foods?
- Q3. Who am I?



- (i) I am white. You can drink me. I am in the dairy group. Who am I?

- (ii) I can sometimes be light brown or white. I have yellow stuff inside me. I am a protein. Who am I? I am green or red. I am spicy and hot. I am in the vegetable group. Who am I? _____
- (iii) I am yellow and long. I am a fruit. Monkeys eat me. Who am I?

- (iv) I am green and when you cut me open, I am red. You eat me in the summertime. I am a fruit. Who am I? _____
- (v) I am green. I look like a tree. I am a vegetable. Who am I? _____
- (vi) I am the instant energy provider. Who am I? _____
- (vii) I must be eaten in moderate quantities. Guess who am I? _____
- (viii) I am also _____ called 'protective food'. Identify me. _____.

Q4. Many diet plans talk about 'no carbohydrate' or 'no fats' food intake. Do you think it is healthy? Why/ Why not?

Q5. Classify the following food items according to the major nutrient present in them : groundnuts, sweet potato, eggs, wheat, bajra, rice, milk, fish, til, peas, paneer, potato

Draw a table as shown below and fill in.

Carbohydrates	Proteins	Fats

BBPS, PITAI