



**Class VI SUBJECT:-Science**

**CHAPTER-COMPONENTS OF FOOD**

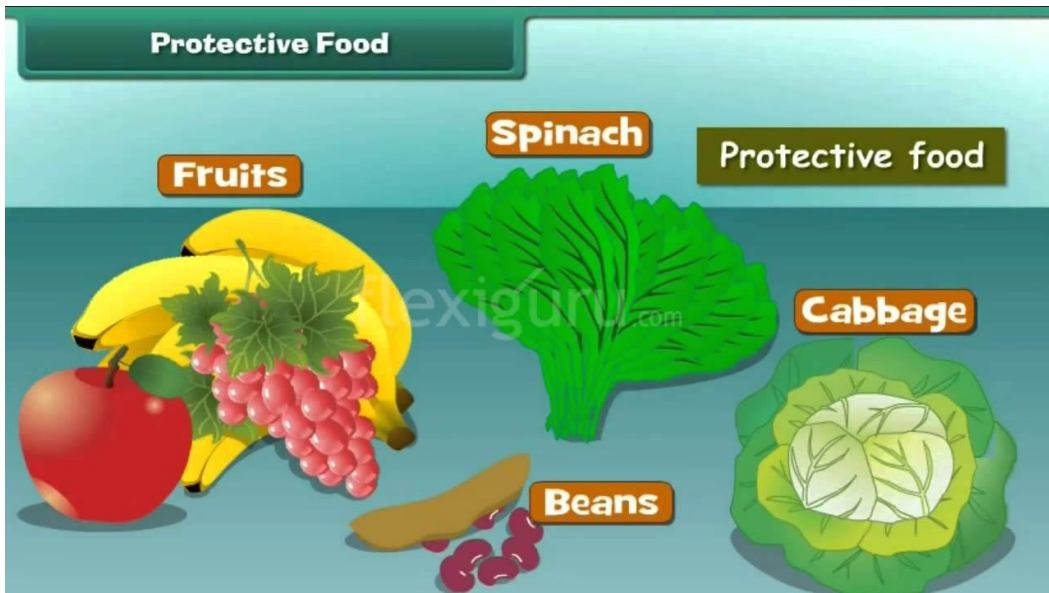
**GUIDELINES**

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 have learnt about nutrients and body building foods. In this lesson, let's study about protective foods.
- You may follow the given link/PDF to refer to Class 6 Science NCERT/LIVING SCIENCE book for this chapter which is uploaded on the website.  
<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 e-lesson are to be done in the Science notebook.**

**SUB TOPICS:**

- **PROTECTIVE FOODS:-**
  - **VITAMINS**
  - **MINERALS**



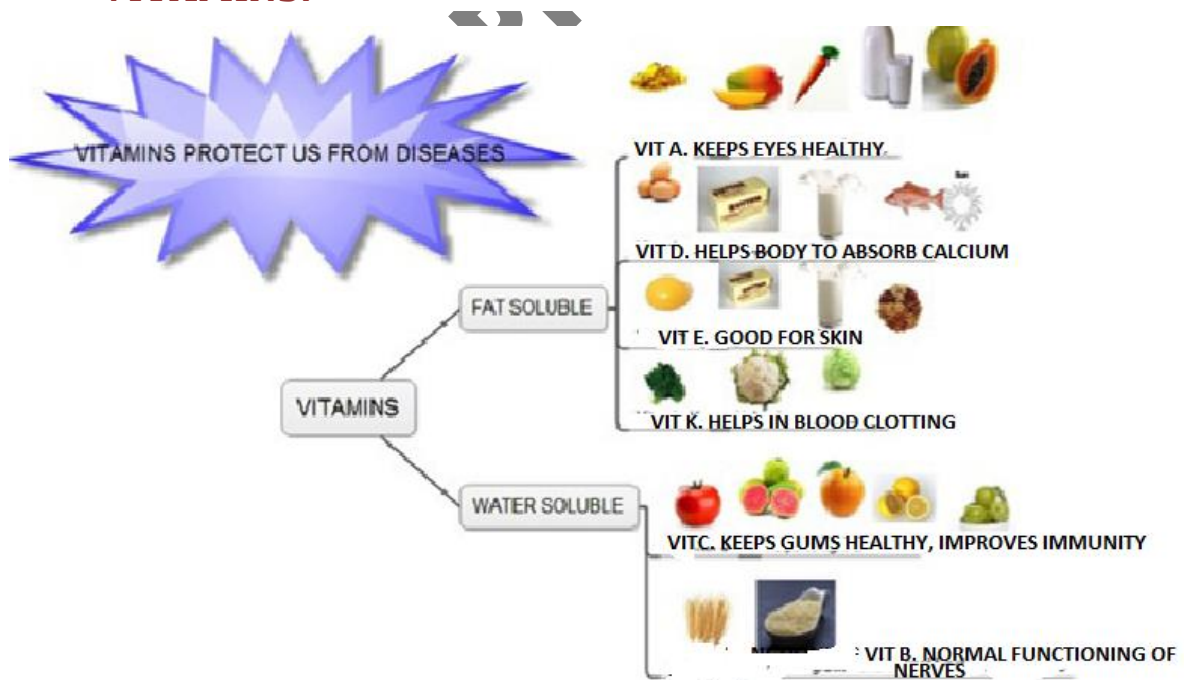
These food items are rich in Vitamins and Minerals.



What are vitamins?

*OKAY!*

**VITAMINS:-**

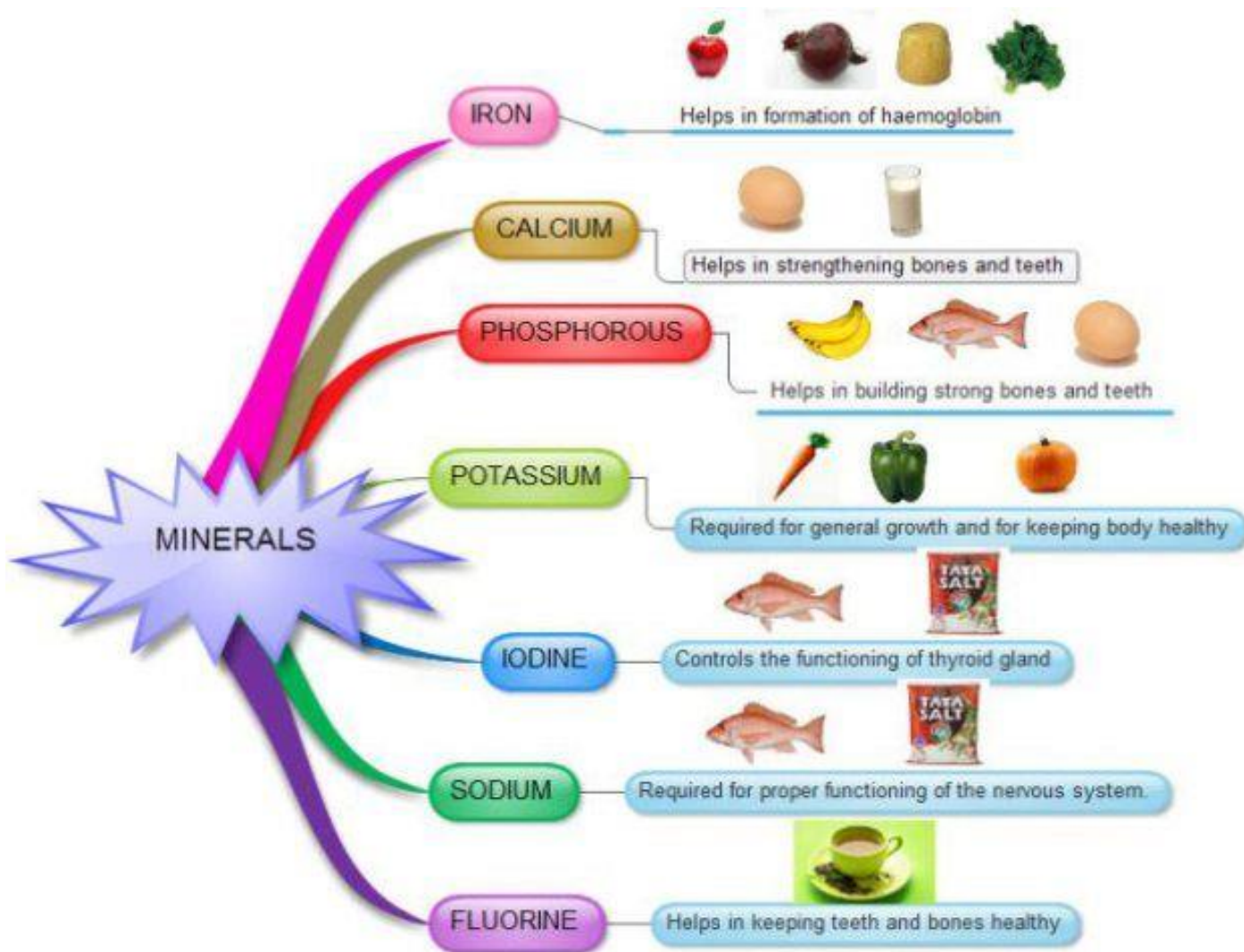


- **Vitamins** are a group of nutrients, required by our body in small amounts but are essential for keeping us fit and healthy.

- They **protect us from various diseases**. They are needed in small quantities but are essential for the normal working of our body.
- They **keep us fit and healthy**.
- If our diet is lacking in any vitamin, we suffer from certain diseases called **deficiency diseases**.
- Ex:-Vitamin A, B,C, D etc....

**HOPE YOU KNOW NOW WHAT VITAMINS ARE.....**





## MINERALS:-

- **Minerals** are nutrients that contain certain elements.
- All of them perform important functions in the body.
- They are also required by our body in small amounts but are essential for keeping us fit and healthy.
- Some examples are:-**Iron, Calcium, Sodium** etc...
- Their deficiency in our diet also leads to **deficiency diseases**.
- Green leafy vegetables and fruits are the major sources of vitamins and minerals. So, you must add them in your diet.

Now, watch the given videos to know more about vitamins and minerals and answer the questions that follow in your Science notebook:

<https://www.youtube.com/watch?v=SHzi5bxMmOo>

<https://www.youtube.com/watch?v=cSb9VGMNSQo>

## ASSIGNMENT

Q1. Why is it important to eat green vegetables?

Q2. What are deficiency diseases?

Q3. Identify the vitamin which:

- (i) Keeps your eyes healthy
- (ii) Helps the blood to clot
- (iii) Keeps gums healthy

Q4. Who am I?

- (i) I am a mineral, which helps red blood cells to carry oxygen. I\_\_O\_\_.
- (ii) I am a mineral, found majorly in milk and milk products. \_\_AL\_\_ \_\_ U M.
- (iii) I am a vitamin found in citrus fruits like lemon / oranges. \_\_\_\_\_.

**BBPS, PITAMI**