

LIVING SCIENCE CLASS6 SOLUTION CHAPTER 2. COMPONENTS OF FOOD

P. 17 Oral Questions For Formative Assessment

1. carbohydrates, fats, proteins, vitamins, minerals
2. sugary food, sugars release energy quickly than other energy giving foods
3. They do not provide us quick energy. But when we are short of energy, the body uses them.
4. A 10-year-old child. It is necessary for growth of the body which is the case for the child. Per kilogram body weight is specified here because protein requirement increases if your weight is more.
5. Plant food, it is a kind of carbohydrate

P. 21 Oral Questions For Formative Assessment

1. a. kwashiorkor b. night blindness
2. a. rickets, deficiency of vitamin D
- b. scurvy, deficiency of vitamin C
- c. anemia, deficiency of iron
- d. goitre, deficiency of iodine in the diet

p. 21 For Formative and Summative Assessment

- A. 1. c 2.a 3.c 4. b 5. d 6. a 7. a 8. b
9. d 10. d
- B. 1. deficiency 2. true 3. Skin 4. vitamin D 5. calcium 6. water
7. balanced 8. true 9. False 10. Vitamin C

C. 1. Nutrients are divided into the following classes

- a. Carbohydrates give us energy to work. For example, starch, sugar and so on.
- b. Fats give us more energy than starch or sugar. For example, oil, nuts and so on.
- c. Proteins help us to grow. For example, eggs, fish and so on.
- d. Vitamins are essential for the proper working of the body. For example, milk, green leafy vegetables and so on.
- e. Minerals are required by our body in small quantities in the diet to maintain good health For example, liver, eggs, milk and so on.

Carbohydrates and fats provide energy to the body. However, carbohydrates give instant energy.

6. Roughage adds bulk to our food. It prevents constipation and ensures proper bowel movement. It also reduces the risk of heart diseases and bowel cancer.

HOTS Questions

1. Constipation is common among people in the western countries who eat more meat and processed food and not enough plant food because of a diet low in fibre necessary for the proper functioning of the digestive system. Fibre adds bulk to the food and prevents constipation by ensuring proper bowel movement.

2. No. Because the engineer does not do physical work and hence does not require the extra calories that eating more carbohydrates and fats will provide. In fact this may make him gain weight and hence become less healthy.

3. No, because though milk contains most nutrients, it does not provide roughage which is essential for proper digestion and bowel movements.

4. In such a voyage it would be difficult to get fresh fruits and vegetables that are necessary to provide vitamin C, a lack of which would lead to gum problems (scurvy).