

Class Notes

Class: VI

Topic: Chapter – 2

Subject: Science

Food: Components of food (Chapter exercises)

(To be written in science note copy)

Extra questions and answers

Question 1. What is balanced diet?

Answer- A diet which contains all the nutrients in correct amount along with adequate quantity of roughage and water is called a balanced diet.



Question 2. What are the roles of water in our diet?

Answer- The role of water in our diet are-

- To transport digested food to our body cells
- To absorb nutrients from the food
- To get rid of waste product from the body
- To control and regulate the body temperature.
- Water does not provide us any nutrient yet it is essential for life.

Question 3. While using iodine in the laboratory, some drops of iodine fell on Paheli's socks and some fell on her teacher's saree. The drops of iodine on the saree turned blue black while their colour did not change on the socks. What can be the possible reason?

Answer: The teacher's saree might have been starched. As starch turns blue black with iodine solution, so the saree also turned blue- black. Paheli's socks did not have starch thus did not show any colour change.

Question 4. Minerals and vitamins are needed in very small quantities by our body as compared to other components, yet, they are an important part of a balanced diet'. Explain the statement.

Answer: Minerals and vitamins are needed in very small quantities but are essential for the normal functioning of our body.

It is because

- (i) They are protective foods and help in protecting our body against diseases.
- (ii) They help in normal growth of our body.
- (iii) They help in maintaining good health.

Question 5. Paheli avoids eating vegetables but likes to eat biscuits, noodles and white bread. She frequently complains of stomach ache and constipation. What are the food items that she should include in her diet to get rid of the problem? Give reason for your answer.

Answer: Paheli must include whole grains, whole pulses, fresh fruits and vegetables in her diet to get rid of her problem. These food items contain roughage (dietary fibre) which is lacking in Paheli's diet. Biscuits, noodles and white bread are made up of refined flour (maida) which does not contain any roughage. Roughage prevents constipation, since it allows the waste matter to move more easily down the lower intestine helping us to get rid of undigested waste. It does not supply any nutrients to body.

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