

St. Andrews Scots Sr. Sec. School

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Session: 2024-2025 – Answer Key

Class: VI

Subject: Science

Chapter: Components of food

CHECK POINT 1

1. (F)
2. (T)
3. (F)
4. (T)

CHECK POINT 2

1. (a) K; Calcium (b) Vitamin C (c) micro-
2. (a) Starch (b) Iodine (c) Blue- black (d) Rice and potato

CHECK POINT 3

1. Vitamins and minerals
2. Protein
3. Scurvy
4. Anaemia

Define these terms:

1. Nutrients:- The chemical substance present in food are called nutrients.
2. Roughage:- Dietary fibres (mainly cellulose) that are needed for bowel movement.
3. Undernutrition:- It is a condition when body gets lesser amount of nutrients than required.
4. Metabolism:- Various life processes taking place in the body such as respiration, digestion etc.
5. Balanced diet:- A diet that contains all the nutrients in right amount.

PRACTICE TIME

A.Tick the correct answer :-

1. (d)
2. (c)
3. (b)
4. (b)

5. (c)
6. (b)

B. True / False:-

1. (F)
2. (T)
3. (F)
4. (F)
5. (T)

C. Very Short answer type:-

1. Vegetables, whole grains, pulses and fresh fruits.
2. Sodium, Potassium
3. Rickets (in children), Osteoporosis (in adults)
4. Vitamins and minerals
5. Cellulose

D. Short answer type questions:-

1. Glucose is the simplest sugar which is burned or oxidised to get energy by the cells. So, it is called instant source of energy.
2. Excess of proteins and carbohydrates are converted into fats and stored in the body. This will make us obese.
3. (a) Deficiency of iron which takes part in the formation of haemoglobin.
(b) Deficiency of vitamins B6, B9 and B12 which help in the formation and maturation of RBCs.
4. (a) Proteins form muscles, skin, hair and nails of the body.
(b) They form antibodies.
5. Marasmus is a disease of children in which their body suffers the shortage of proteins and carbohydrates. Such children are very thin and weak. Their growth stops and tissues are slowly destroyed.



E. Long answer type questions:-

1.(a) Roughage is dietary fibres that are formed of cellulose. We get it from vegetables, fresh fruits, whole grains, etc.

(b) Roughage adds bulk to the food, and helps in easy and regular movement of bowel to get rid of undigested food.



2.(a) Iron, calcium, phosphorus, sulphur, potassium, chlorine, sodium, magnesium and iodine are major minerals of our diet.

(b)The insufficient amount of calcium in diet hampers the health of bones and teeth. Its

deficiency causes rickets in children in which their bones and teeth are poorly developed, and in adults, it causes osteoporosis which makes their bones weak and fragile.

The deficiency of iodine causes goitre in which thyroid gland enlarges and affects the production of thyroxine hormone.

- 3.(a) Taking diet which has shortage of one or more nutrients is called malnutrition.
- (b) If the children do not get sufficient amount of mother's milk during the early years, they suffer from protein malnutrition.
- (c) A child suffering from kwashiorkor has stunted growth, large pot-like belly, swollen face, thin legs, mental retardation, and cracked and scaly skin.
4. Obesity in children has become a common problem due to excessive taking of junk food like pizzas, chocolates, soft drinks, etc. by them. Instead of involving in any physical activity, playing games on computer and watching TV for long hours is another cause of obesity in children.



- 5.(a) Undernutrition refers to a condition in which body gets less amount of nutrients than required from a diet even if it is balanced, whereas malnutrition is taking an unbalanced diet lacking one or more nutrients.
- (b) Saturated fats are obtained from animals. These are butter, ghee, milk cream, meat, egg yolk, cheese, etc. while unsaturated fats are obtained from plants, e.g., mustard oil, groundnut oil, coconut oil, etc.

F HOTS questions:-

1. Animal fats like desi ghee contain cholesterol which, if present in excess in blood, gets

deposited on the walls of blood vessels making them narrower. In this condition, the heart has to work hard to push the blood through narrow blood vessels which leads to heart attack

2. Animal proteins are better than plant proteins because they contain higher proportion of essential amino acids than the plant proteins.

3. This is because green vegetables, fruits and milk provide all the vitamins and minerals which protect the body from infections and diseases, and help in the growth and normal functioning of the body.



4. Our body never suffers from fat deficiency because excess of proteins and carbohydrates in the body changes into fats and store in the body.

5. People living on mountains are prone to goitre because water on mountains lacks sufficient amount of minerals including iodine. The deficiency of iodine leads to goitre.