

**BCM SCHOOL BASANT AVENUE DUGRI ROAD LUDHIANA**

**CLASS VI**

**SUBJECT-SCIENCE**

**Assignment 1**

### **Case Study**

Foods containing fats and carbohydrates are also called 'energy giving foods'. Proteins are needed for the growth and repair of our body. Foods proteins are often called 'body building foods'. Vitamins help in protecting our body against diseases. Vitamins are of different kinds known by different names. Our body needs all types of vitamins in small quantities. Vitamin A keeps our skin and eyes healthy. Vitamin C helps body to fight against many diseases. Vitamin D helps our body to use calcium for bones and teeth.

However, in a given raw material, one particular nutrient may be present in much larger quantity than in others. For example, rice has more carbohydrates than other nutrients. Thus, we say that rice is a "carbohydrate Rich" source of food.

Besides these nutrients, our body needs dietary fibres and water. Dietary fibres are also known as Roughage. Roughage is mainly provided by plant products in our foods. Whole grains and pulses, potatoes, fresh fruits and vegetables are main sources of roughage.

1. \_\_\_\_\_ our skin and eyes healthy?
2. Food containing Proteins are also known as "energy giving foods"?
  - a) True
  - b) False
3. Name the nutrient needed for the growth and repair of the body?
  - a) Carbohydrates
  - b) Roughage
  - c) Minerals
  - d) Proteins

#### **4. What are Roughages?**

##### **Reason Assertion**

**Assertion (A) – Food containing proteins are called bodybuilding food.**

**Reason (R) - Paneer is a plant source of protein.**

- A. Both A and R are true but R is not correct explanation of A**
- B. Both A and R are true but R is correct explanation of A**
- C. A is True but R is False.**
- D. R is True but A is False**

##### **Answer the following**

- 1. Why do we need to take roughage and water, though they do not provide any nutrients to us?**
- 2. A person living in a hilly areas suffered from a swollen neck. He suffering from which disease and what is the probable cause of this disease?**
- 3. What happens when the water in which the food materials is boiled during cooking is drained out?**
- 4. How will you test for the presence of starch in food item?**
- 5. Which minerals are needed to build our bones and teeth?**