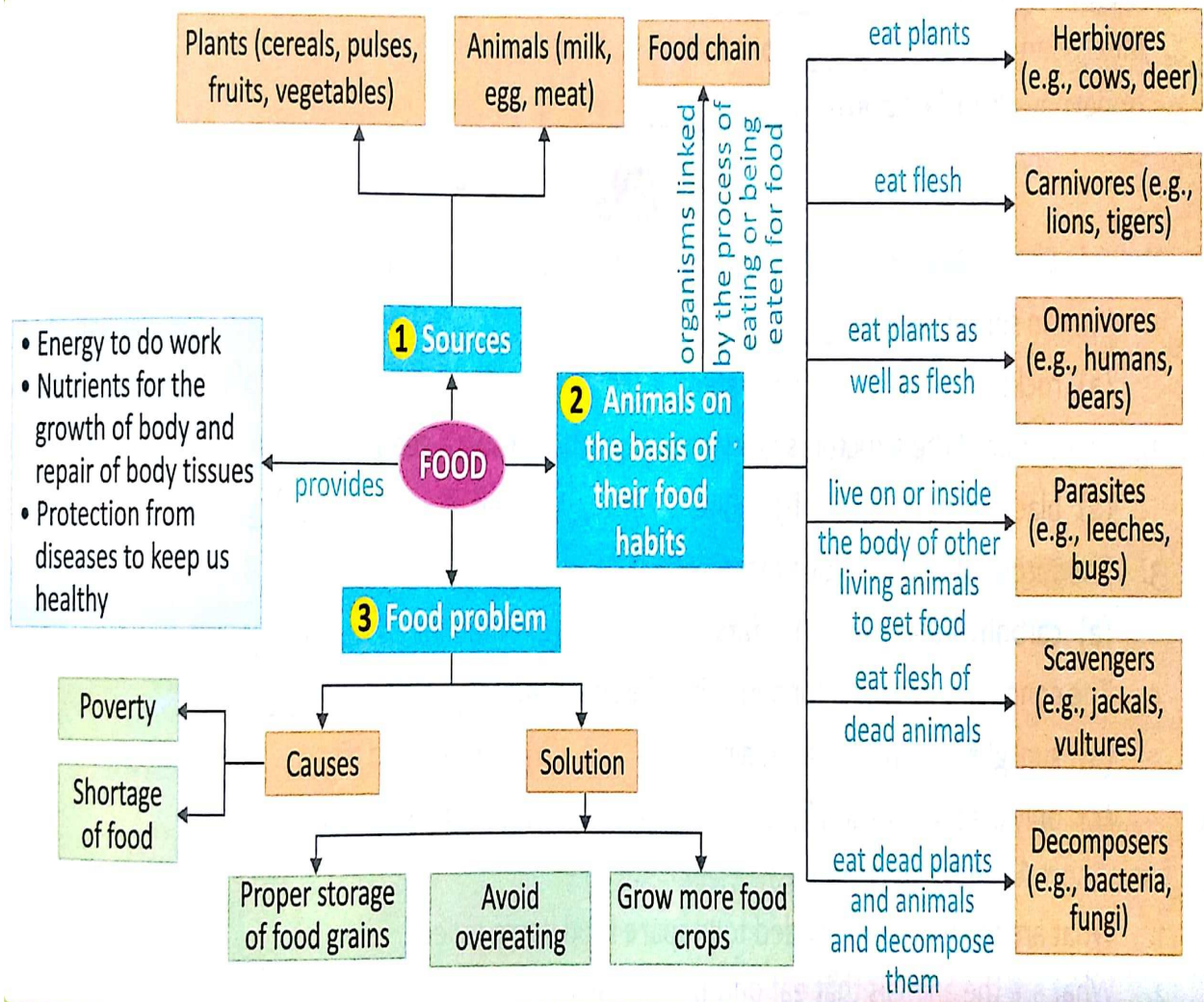


# JKG INTERNATIONAL SCHOOL

## Class- VI

### Le- 1 Sources of Food

### Chapter At A Glance:



### Key Words:

**Ingredients:** The raw materials needed to prepare food items. Ex. Pulses, water, salt oil/ghee, spices are the ingredients of **Dal**.

**Edible Parts:** Substances that can be eaten by animals and human beings.

Some plants have two or more edible parts. Ex. Seeds and leaves of mustard plant. Stem, flower fruit of banana plant.

**Sprouted seeds:** Seeds that show a small white seedling on them. Ex. Sprouts of gram, moong.

**Apiculture:** The rearing of honeybees on a large scale is called apiculture.

**Honey:** It is a tasty and nutritious food item prepared by honeybee. It is used to make ayurvedic medicines.

**Food Problem:**

Many people in our country do not get enough food to eat. This is because there is a shortage of (i) food (ii) money to some people. This is called food problem. So we should (i) avoid wastage of food (ii) store food grains properly (iii) grow more food crops by modern techniques.

**Question Bank for class test / subject enrichment activity:**

**Q-1** P and Q are two plants. The flowers of plant P are eaten as a vegetable whereas its fruit is a nutritious food. On the other hand the leaves of plant Q are eaten as a vegetable whereas the seeds provide an edible oil which is used as a cooking oil in the preparation of food. Name the plants P and Q.

**Q-2** A, B, C and D are all living organisms. A, B and C need readymade food whereas D can make its own food by a natural process E. The organism A can eat B as well as D. The organism B eats only D or its products whereas organism C eats only organisms like B.

- (a) What is organism A? Give one example of A.
- (b) Name the organism B. Give one example of B.
- (c) What are organisms like C called? Give one example of C.
- (d) What is the general name of organism like D? Give one example of D.
- (e) Name the process E.

**Q-3** Food material X is a syrup-like, thick and sweet liquid which is made by a kind of insects by collecting nectar from flowers. On the other hand, food material Y is a thin liquid which can be converted into yogurt.

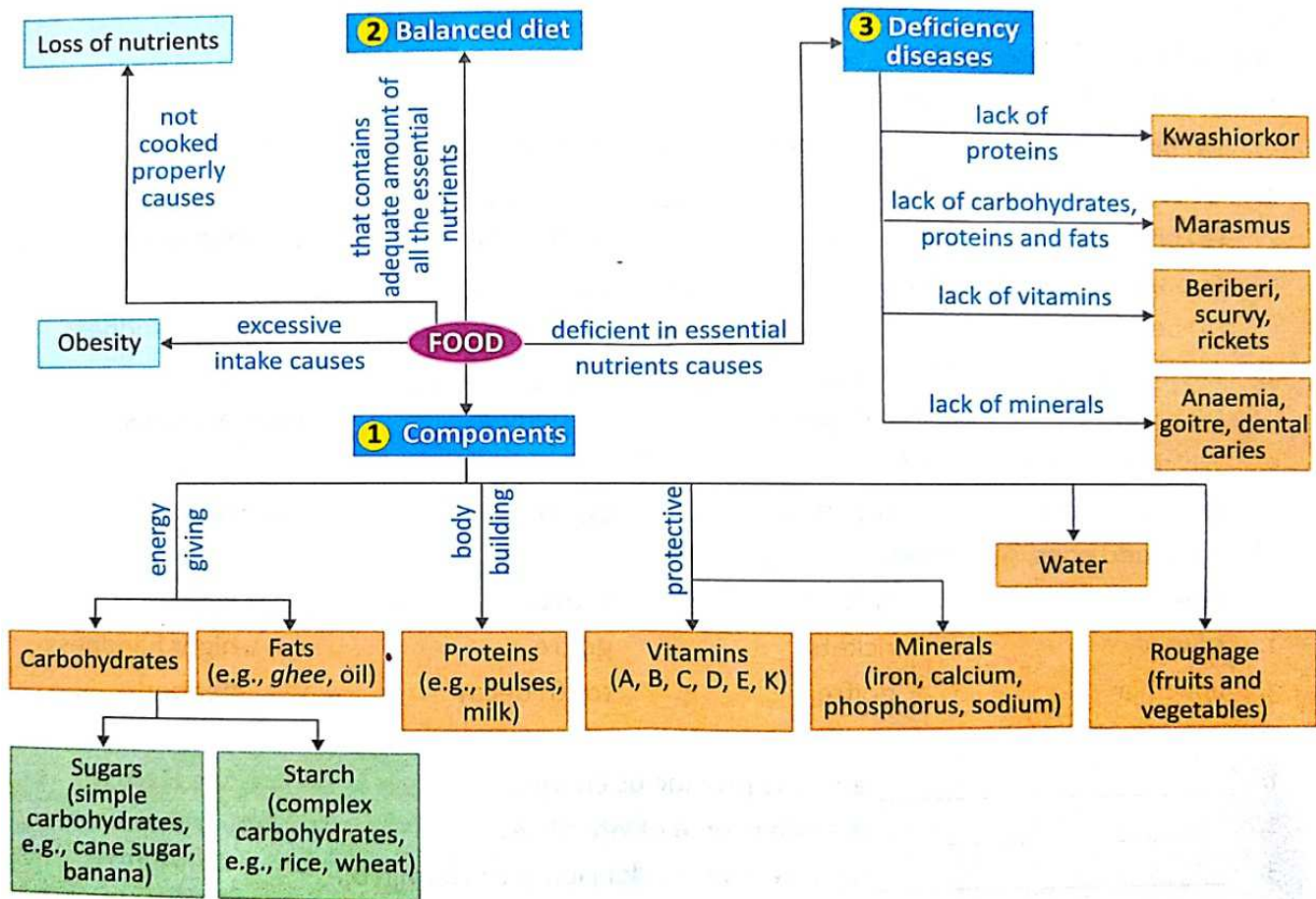
- (a) What is food X?
- (b) Name the insects which make food X.
- (c) Name the food Y.
- (d) Name two animals which provide us food Y.

**Q-4** Name two plant products that are used as fruits as well as vegetables.

**Q-5** Lions, tigers, eagles eat the flesh of other animals. Do you think that these animals do not depend on plant? Give reason in support of your answer.

**Q-6** Why do carnivores have sharp and pointed canines whereas most of the herbivores have wide and blunt teeth?

## Le- 2: Components of food



### Some important facts about nutrients:

- 1) Fats gives us more energy than carbohydrates but it is more difficult for the body to digest fat. Excessive fat is often stored as body fat and causes **obesity**.
- 2) Excessive intake of fat increases the amount of cholesterol in the blood leads to high blood pressure and heart disorders.
- 3) Vitamins are made by plants and animals whereas minerals are absorbed from soil and water by plants.
- 4) Human body contains about 70% water by weight.
- 5) Excessive loss of water from the tissues of the body is called dehydration. Diarrhoea, vomiting and excessive bleeding cause dehydration.
- 6) **Loss of nutrients during cooking:**
  - a) If cooking is done at a high temperature many proteins and vitamins are destroyed.
  - b) Washing of some peeled and cut vegetables and fruits causes a lot of water soluble vitamins.
  - c) Removing of thick peels of fruits and vegetables results loss of nutrients.

d) Repeated washing of pulses and rice causes loss of water soluble vitamins and minerals.

**Question Bank for class test / subject enrichment activity:**

**Q-1** Why proteins are called body building foods?

**Q-2** Sasha and Karan live in a joint family. Their grandfather is suffering from constipation. Their father asked him to eat salad which is a source of roughage.

a) Why was grandfather advised to take salads?

b) Name the diseases (any two) prevented through high fiber diet.

c) Name any three roughage rich food.

**Q-3** Rohan went to attend a Marathon along with his family. He was amazed to see the stamina possessed by the athletes, though they were sweating continuously. He also observed some resting athletes drinking lots of water.

a) What was the reason behind athletes drinking lots of water?

b) Water is not considered a nutrient yet essential for survival. Comment.

c) What is dehydration?

**Q-4** A child consumes a diet with lack of 'X' nutrient, due to which he suffered from 'Y' disease. In this disease the bones of his legs bent. Doctor advised him to take Vitamin 'Z'.

a) Identify X nutrient. b) Identify Y disease.

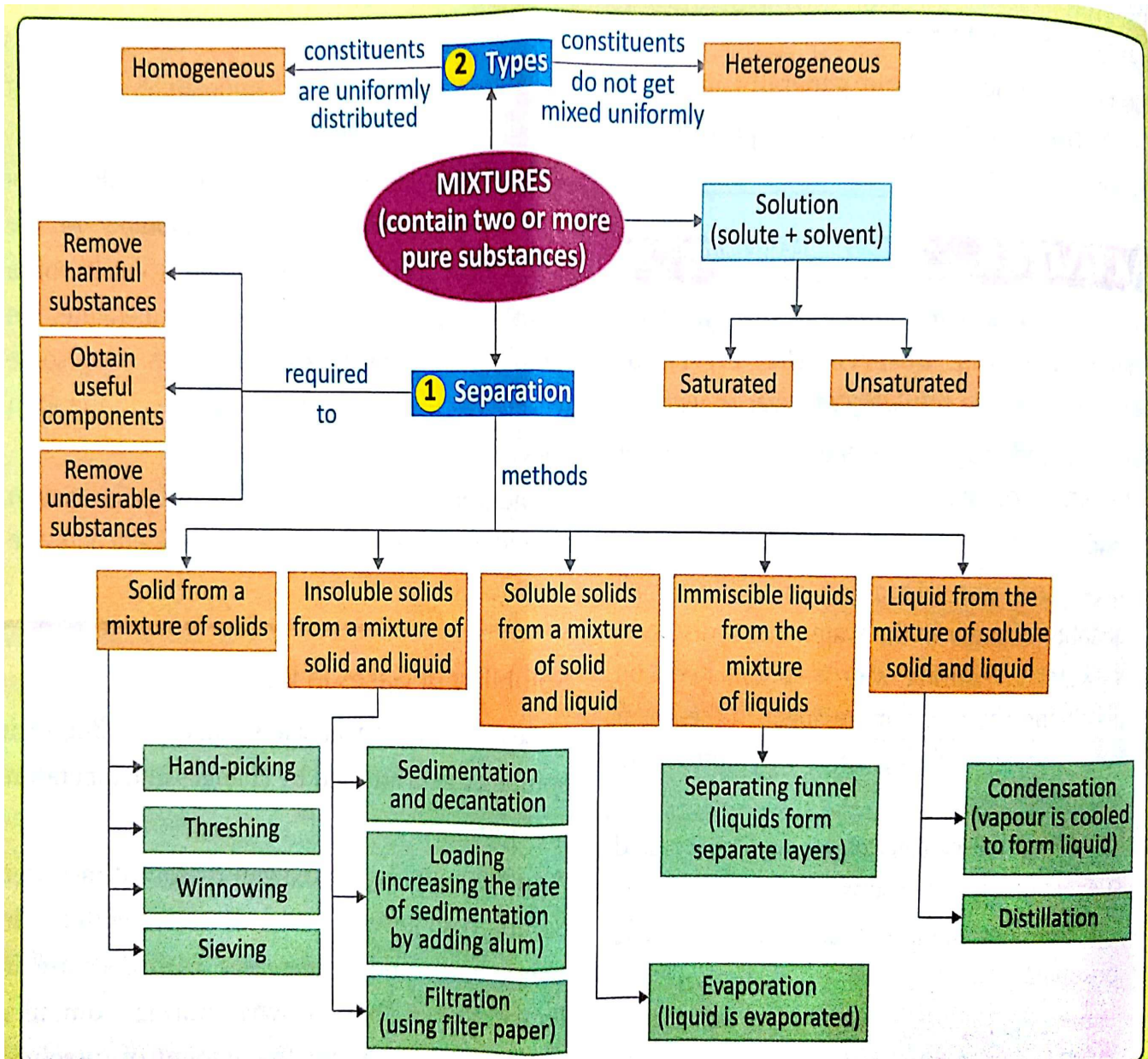
c) Identify Vitamin Z. d) Write 2 major sources of Vitamin Z.

**Q-5** A student took a piece of boiled egg (white portion) in a test tube and added 2 drops of B solution in test tube with the help of dropper. He shook the test tube and allowed it to stand for a few minutes. The contents of test tubes turned in 'C'.

Color 'C' indicates the presence of D in boiled egg.

a) Identify A and B solution b) Identify C and D.

## Le- 5 Separation of Substances



### Key Words:

**Churning** Shaking milk with the help of a machine to get butter.

**Evaporation** Changing liquid into its vapour.

**Sedimentation** The process of settling down of heavier insoluble particles at the bottom of a liquid is called sedimentation.

**Sieving** The method of separating the components of a mixture that are of different sizes by using a sieve is called sieving.

**Threshing** The process of separating grains from the stalk by beating them on the ground or by a machine is called threshing.

**Winnowing** The method of separating heavier and lighter components of a mixture by wind or blowing air is called winnowing.

**Solute** The substance that dissolves in a liquid to make a solution is called solute.

**Solvent** The substance in which the solute is dissolved to make a solution is called solvent.

**Saturated solution** A solution in which no more substance can be dissolved at a particular temperature is called saturated solution.

**Unsaturated solution** A solution in which more substance can be dissolved at a particular temperature is called unsaturated solution.

**Solubility** The extent to which a substance gets dissolved in a liquid is called its solubility.

**Question Bank for class test / subject enrichment activity:**

**Q-1)** Sky appears clear after rain. Why?

**Q-2)** How does heat effect the solubility of a substance in a liquid?

**Q-3)** The mixture of a powdered white solid P and a liquid Q can be separated by filtration. The solid P is left behind on the filter paper but clean liquid Q passes through the filter paper and collects in the beaker kept below.

a) Name one solid which could be like P.

b) Name the liquid which Q could be.

c) What name is given to the clear liquid collected in the beaker?

**Q-4)** The sample of water collected from a shallow pond has some tiny particles. A is suspended in it. When a piece of substance B tied to a thread is rotated in this sample of water kept in a beaker quite rapidly, the process is called C. The clear water is then separated from the settled particles by technique D.

a) What could the particle A be?

b) Name the substance B.

c) What is the name of process C?

d) Name the technique D.