

Assignment questions
CLASS VI
Subject: Science
Chapter – 2
Components of Food

Q1) What are nutrients?

Ans Nutrients are the substances that are needed by our body for proper growth and healthy body function.

Q2) In which form plants prepare their food?

Ans In the form of sugar Or Glucose.

Q 3) Why does our body need proteins?

Ans Proteins are needed for:

- (a) Growth and repair of our body
- (b) Muscle building
- (c) Repairing worn out tissues .
- (d) To make blood cells.

Q4) What are saturated and Unsaturated fats?

Ans Saturated fats are normally solid at room temperature. For ex- Butter and Ghee.

Unsaturated fats are mostly liquid at room temperature. For ex- Vegetable oil.

Q5) What is Obesity?

Ans Eating too much of food items rich in fats leads to a condition called Obesity.

Q6) What are macro minerals?

Ans Minerals which are needed in large amount. For ex-Calcium, Magnesium, Sodium.

Q7) What are trace minerals?

Ans Minerals which are needed by our body in very small amount. For ex-Iron, Copper and Iodine.

Q8) What is Roughage or Dietary fibre?

Ans The portion of the plant food that remains undigested and donot provide any nutrients to our body is called Roughage or Dietary Fibers.

Q9) What are the functions of Roughage in our body?

Ans The functions are listed below:-

- it prevents constipation and ensures proper bowel movement.
- It reduces excess of acidity in the stomach.
- It helps in retaining water.
- It helps our body to get rid of undigested food.

Q10) What does a balanced diet ensures?

- A normal mental and physical growth
- An increased level of working ability.
- A greater level of resistance against diseases.

Q11) What is Malnutrition?

Ans When the body doesn't get adequate nutrition, it is said to be suffering from Malnutrition.

Q 12) Give some sources of carbohydrates, protein, fats, vitamins and minerals?

Ans Carbohydrates: Potatoes , Sugarcane, Sweet potato , Wheat , Rice, Mango, Melon.

Protein: (a) Plant sources – Gram, Moong, Peas, Soyabean.

(b) Animal sources - Milk, Egg, Fish.

Fats: Ghee, Butter, Cream, Milk, Meat ,Fish.

Vitamins and Minerals: Tomato, Cucumber, Fruits.

Q13) What are the different sources of roughage?

Ans The different sources of roughage are plant products in our food , whole grains, pulses, potatoes, fresh fruits, vegetables are the main sources of roughage.

(ii) To prevent Malnutrition in Children.

Q14) Name the disease caused by Protein deficiency and carbohydrate.

Ans **Protein Deficiency**- Kwashiorkor, **Carbohydrate & Proteins deficiency**- Marasmus.

Q15) What are the symptoms of Marasmus?

Ans A child suffering from Marasmus becomes very thin, shows slow body growth, lack of energy, loss of appetite, weak leg, mental retardation and proper development.

Q16) What is PEM?

Ans PEM stands for Protein Energy Malnutrition and it leads to Marasmus.

Q17) Name the vitamin which can be synthesized by our body?

Ans Vitamin D can be synthesized in the presence of sunlight.

Q18) Which vitamin is sensitive to heat and light?

Ans Vitamin C

Q19) Name the disease which is very common among sailors?

Ans Scurvy which is caused due to lack of Vitamin C

Q20) What are energy giving food, Body building food, Protective food?

Ans Energy giving food- Carbohydrates, Body building food- Proteins, Protective food- Vitamins and minerals

Q21) What are protective foods? Why are they called so?

Ans Vitamins and minerals are called as Protective foods because they protect us from various diseases.

Q22) Vitamins don't provide any energy to us, but they are still considered as very important?

Ans Because they help our body to release energy from Carbohydrates, fats and proteins. They also play an important role in many chemical reactions.

Q23) What is the role of fats in our body?

Ans (i) They are concentrated source of energy.

(II) They insulates our body against cold.

(III) They add flavor to the food.

(IV) They protect our delicate organs.

Q24) Name the diseases which are caused by the deficiency of Vitamin A and Vitamin B.

Ans Vitamin A-Night Blindness

Vitamin B- Berry Berry

Q25) Name the disease which is caused by the deficiency of Vitamin D?

Ans Ricket

Q26) Name the diseases which are caused by the deficiency of Iron and Iodine?

Ans Iron- Anemia

Iodine- Goitre

Q27) What role vitamins and minerals play in our body?

Ans (i) Vitamins and minerals help in protecting our body against diseases.

(ii) Vitamins and minerals help in keeping our eyes, bones , teeth and gums healthy.

ASSIGNMENT
CLASS VI
SUBJECT: Science
CHAPTER: - 3
Fibre to fabric

Q1- What is fibre?

Ans. Fibre is a thread like strand from which yarn are made.

Q.2-What is yarn?

Ans. Yarn is a long continuous length of interlocked fibre which is woven or knitted for making garments.

Q3-What is spinning?

Ans- Spinning is the process of twisting fibres by hand or using machine, to obtain thread or yarn ..

Q.4 What is Retting?

Ans-The process of soaking jute stalks in water to let these rot to remove the sticky substance & separates fibre is called retting.

Q5-What is weaving?

Ans- The process of making fabrics by crisscrossing two sets of yarn is called weaving.

Q6 What is knitting?

Ans- The process of making wollen fabrics by interlocking llops of the yarn. Is called knitting.

Q7 –What is ginning?

Ans-the process of separating cotton fibre from its seeds is called ginning.

Q8-what kind of soil is needed for growing cotton plant?

Ans- Black soil

Q9- Give some examples of plant fibres?

Ans-Cotton, jute, coir ,silk cotton ,hemp ,flax

Q10-.Name some items that are made from coir,,jute hemp&silk cotton.

Ans- **Coir**:-ropes, floor covering & also stuffing in mattresses & pillows

Jute:- jute bags , hat, slipper , rope, mat & sack

Hemp:- ropes, carpets,nets,clothes & paper.

Flax:- Used to make a fabric linen,rope &quality paper.

Silk cotton: Used as stuffing in pillows ,sleeping bags, &life jackets.

Q11 Why cotton clothes are preffered over synthetic fibre?

Ans.Because they are natural fibre and are biodegradableand do not cause any pollution and are also good for our skin as they have natural ventilation.

Q12.Which fibre has resistance to fungus &mites?

Ans.Coconut fibre

Q13 Which fibre has antibacterial property ?

Ans. Hemp.

Q14:- What is the chemical composition of plant fibre?

Ans cellulose

Q15:- What is the chemical composition of animal fibre?

Ans protine.