

VIDYA BHAWAN BALIKA VIDYAPEETH

STUDY MATERIAL SCIENCE

CLASS-VI

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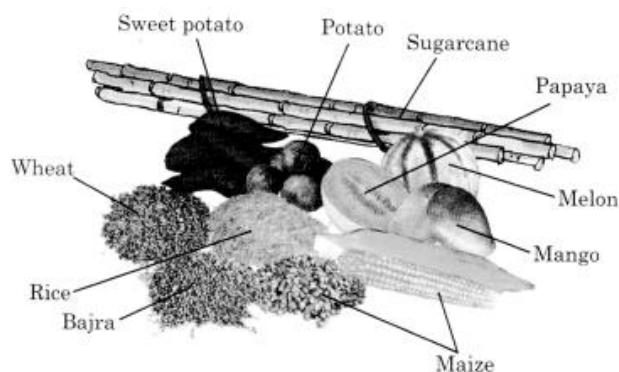
► Components of food

Various food components are grouped in three classes:

- Energy giving food: Carbohydrates and fats.
- Bodybuilding food: Proteins.
- Protective food: Vitamins and minerals.

Carbohydrates

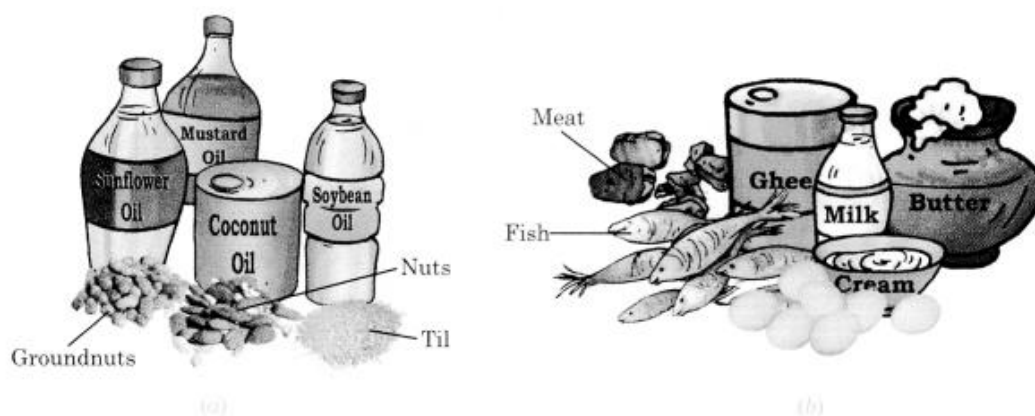
- Grains such as rice, wheat, sorghum, peas, beans, sago (sabudana), sugarcane, sugar beet, many fruits like banana, mango and melons and vegetables are good sources of carbohydrates.
- Cellulose, starch, sucrose, glucose and fructose are the important carbohydrates found in our food.
- Starch turns iodine solution to dark blue / black.



Some sources of carbohydrates

Fats

- Fats are obtained either from plants or from animals. Groundnut oil, soybean oil and mustard oil are examples of fats derived from plants. Fats like butter and ghee are obtained from animals.
- Fats act as fuel in our body but they provide more energy than carbohydrates. (in) Our body has some advantages of fat deposits in small quantity. It helps body organs to grow and protects them from injury and prevents loss of heat from the body surface.
- Too much fat deposition is harmful for the body. This leads to the condition called obesity.
- Fatty substances leave greasy and transparent spot on paper.



Some sources of fats: (a) plant sources and (b) animal sources