

VIDYA BHAWAN BALIKA VIDYAPEETH

STUDY MATERIAL SCIENCE

CLASS-VI

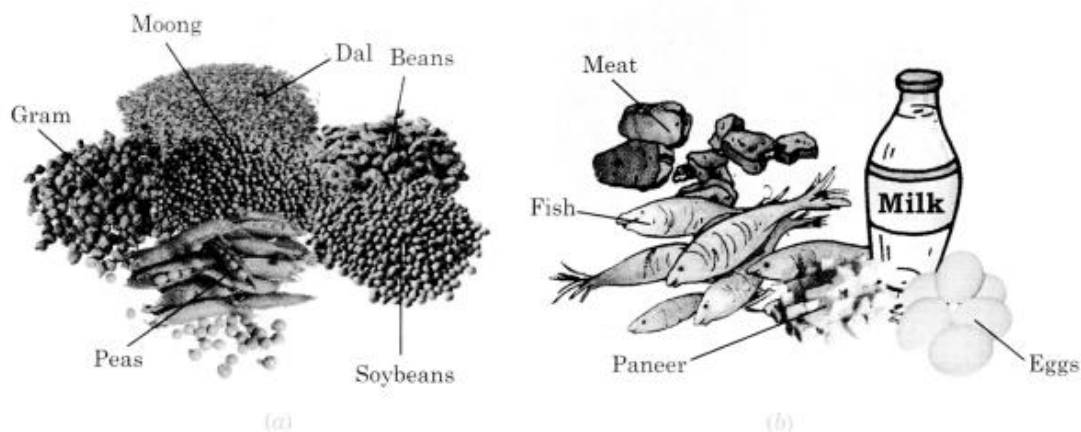
Date : 04-05-2021

Teacher : Poonam Kumari

► Components of food

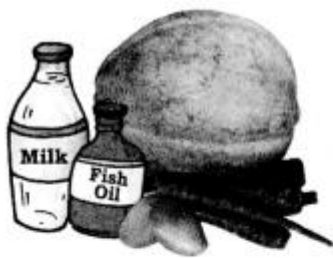
Proteins

- Milk, fish, meat, cheese and eggs are the main sources of animal proteins. Vegetable proteins can be obtained from legumes including pulses and beans.
- Proteins are required for growth and repairing of our body. They help in building new tissues. They also account for tough, fibrous nature of hair and nails and for the structure of muscles. They are a part of our blood and help in proper functioning of our body
- Large amount of protein is needed for building new tissues in short period, such as during infancy, pregnancy or when mother is nourishing a child.



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

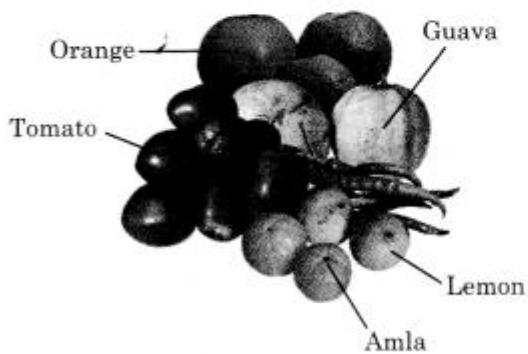
Vitamins: Vitamins are required by our body in very small quantities. Vitamins help in keeping our eyes, bones, teeth and gums healthy. The food items rich in vitamins are called protective food as they protect our body from diseases and keep us healthy.



Some sources of vitamin A



Some sources of vitamin B



Some sources of vitamin C



Some sources of vitamin D

Some sources of vitamins