

# VIDYA BHAWAN BALIKA VIDYAPEETH

## STUDY MATERIAL SCIENCE

### CLASS-VI

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#### ► Components of food

**Minerals:** Minerals are needed by our body in small amounts. Each one is essential for proper growth of body and to maintain good health. Some sources of minerals are shown in fig.



Some sources of iodine



Some sources of phosphorus



Some sources of iodine



Some sources of phosphorus

Water

- Our body requires a large quantity (5-7 litre) of water daily.
- Water helps our body to perform many functions like digestion, throwing out dissolved waste as urine and impure blood.
- Water also keeps our body cool through sweating.
- Water helps in blood circulation.

### Roughage

- Whole grains, flour and cereals, potatoes, fresh food, raw and cooked vegetables provide roughage to our food.
- It helps in proper digestion of food and prevents constipation.