

VIDYA BHAWAN BALIKA VIDYAPEETH

STUDY MATERIAL SCIENCE

CLASS-VI

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Teacher : Poonam Kumari

▶ Food : Where does it Come from

EXERCISE : NCERT

All living beings need food.

Food is needed by all living beings for four main purposes:

- for their growth.
- to provide energy for doing work.
- for the repair and replacement of the damaged tissues.
- to provide resistance and protection against diseases from infections.

If a person does not get food, she/he feels weak and is likely to fall ill. Different people have different choices of food. There is a wide range of food items eaten across various states of India. Different organisms eat different kinds of food.