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STUDY MATERIAL SCIENCE

CLASS-VI

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▶ Components of food

Food items that are deep fried and roasted usually lose their nutritive value. Energy requirement: Requirement of energy or intake of food depends on profession, age, sex and special needs like pregnancy, infancy, lactation, etc. Deficiency diseases: Diseases that occur due to the lack of nutrients are called deficiency diseases. Some of them are listed in the following Table 2.1.

Some Diseases or Disorders Caused by deficiency of Vitamins and Minerals

Name of vitamins & minerals	Deficiency disease	Main symptoms
Vitamin A	Night blindness	Poor or loss of vision in darkness (night), sometimes complete loss of vision
Vitamin B1	Beriberi	Weak muscles, and very little energy to work

Vitamin C	Scurvy	Bleeding gums
Vitamin D	Rickets	Bones become soft and bent
Calcium	Hypocalcemia	Weak bones, tooth decay
Iodine	Goitre	Glands in the neck appear swollen, mental disability in children
Iron	Anaemia	Weakness