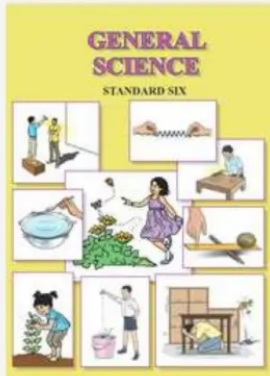


Maharashtra Board Solutions Class

6-Science: Chapter 7- Nutrition and Diet

BOOK SOLUTIONS
CLASS 6
GENERAL SCIENCE

CHAPTER 7
Nutrition and Diet



Maharashtra Board Solutions→

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Maharashtra Board Solutions Class

6-Science: Chapter 7- Nutrition and Diet

Class 6: Science Chapter 7 solutions. Complete Class 6 Science Chapter 7 Notes.

Maharashtra Board Solutions Class 6-Science: Chapter 7- Nutrition and Diet

Maharashtra Board 6th Science Chapter 7, Class 6 Science Chapter 7 solutions

Questions and Answers

1. Fill in the blanks:

Question a.

The process of intake of food and utilizing it for all life processes is called

Answer:

nutrition

Question b.

All the substances in our food which are useful for various body processes are called

Answer:

nutrients

Question c.

Carbohydrates and provide to our body.

Answer:

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fats, energy

Question d.

In a balanced diet, all the nutrients are present in the proportion.

Answer:

right

Question e.

In the food pyramid, cereals are given the maximum space because they fulfill our requirement.

Answer:

energy

Question f.

Intake of more food than necessary causes

Answer:

overnutrition

2. Spot the following in the table of vitamins and minerals.

Question a.

The nutrient present in citrous fruits.

Answer:

Vitamin C

Question b.

Vitamins/minerals present in milk.

Answer:

Vitamin A, Vitamin B, Vitamin D, calcium, phosphorus.

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Question c.

Causes and symptoms of night blindness, scurvy, rickets, beriberi.

Answer:

Diseases	Causes	Symptoms
1. Night blindness	Deficiency of Vitamin A	Inability to see in dim light
2. Scurvy	Deficiency of Vitamin C	Bleeding of gums
3. Rickets	Deficiency of Vitamin D	Softening of bones
4. Beri-beri	Deficiency of Vitamin B ₁	Nerve disorder, muscle weakness

Question d.

Foods required to prevent the above diseases.

Answer:

Diseases	*Causes	'Symptoms	Food for prevention
1. Night blindness	Deficiency of Vitamin A	Inability to see in dim light	Carrots, milk, dark green vegetables.
2. Scurvy	Deficiency of Vitamin C	Bleeding of gums	Amla, kiwi, oranges and citrus fruits.
3. Rickets	Deficiency of Vitamin D	Softening of bones	Exposure to sunlight, milk, fish, egg, butter.
4. Beri-beri	Deficiency of Vitamin B ₁	Nerve disorder, muscle weakness	Milk, fish, meat, cereals, nuts, pulses

Question e.

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Causes of anaemia.

Answer:

Deficiency of Vitamin B₁₂, iron.

Question f.

Essential mineral for healthy bones and teeth.

Answer:

Calcium, phosphorus.

Question g.

Sensory organ affected due to the deficiency of Vitamin A.

Answer:

Eyes, skin.

3. Choose the correct alternative.

Question a.

Pulses are a very good source of

(1) carbohydrates

(2) proteins

(3) fats

(4) minerals

Answer:

(2) proteins

Question b.

..... provide maximum energy to our body.

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- (1) Cereals
- (2) Leafy Vegetables
- (3) Water
- (4) Amla

Answer:

- (1) Cereals

Question c.

Goitre is caused by the deficiency of

- (1) iron
- (2) calcium
- (3) iodine
- (4) potassium

Answer:

- (3) iodine

Question d.

..... is a type of junk food.

- (1) Orange
- (2) Milk
- (3) Bhakri
- (4) Chocolate

Answer:

- (4) Chocolate

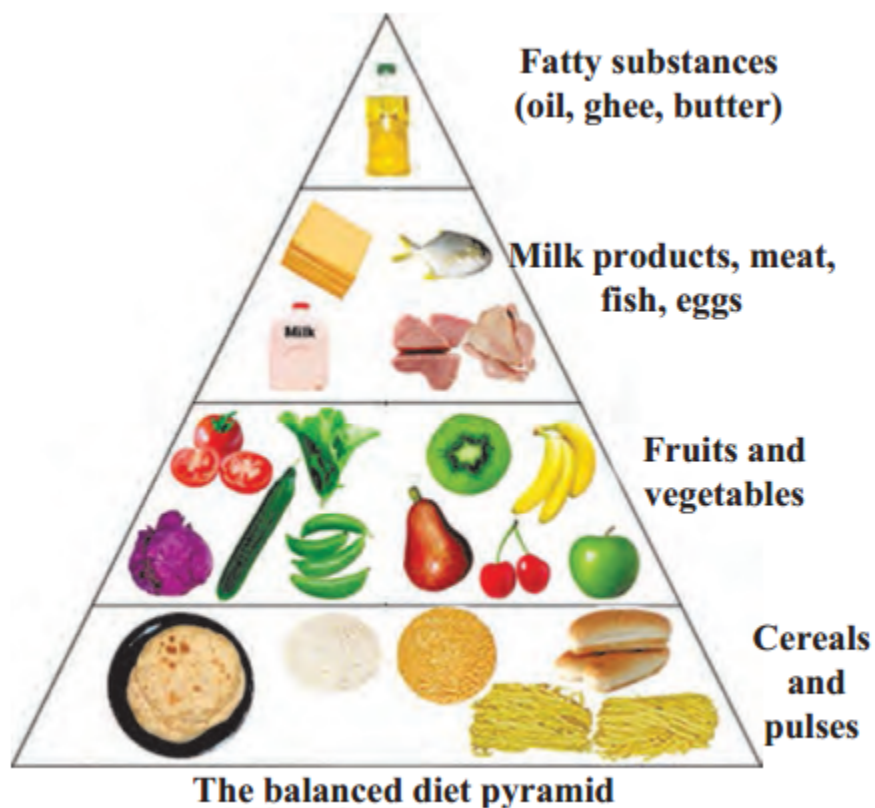
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4. Use the food pyramid to select food items of your choice for three days.

Conditions:

1. The diet for all three days should be balanced.
2. There should be variety in the items chosen for the three days.

Answer:



Day 1:

Cereal like cornflakes and milk, apple, roti, sabzi and dal.

Day 2:

Bread and butter with milk, rice/ roti and chicken, curd, any one type of fruit, salad.

Day 3:

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Poha, green vegetable and dal with rice or roti, raita, one fruit, vegetable sandwich.

Activity:

Question 1.

Obtain information on simple methods of spotting the adulteration in foodstuffs and try them out.

Important Questions and Answers

Choose the correct alternative:

Question 1.

Vitamin and vitamin dissolve easily in water.

- (a) A, B
- (b) B, C
- (c) B, D
- (d) B, E

Answer:

- (b) B, C

Question 2.

..... carries oxygen to all parts of the body.

- (a) Calcium
- (b) Iron
- (c) Iodine
- (d) Sodium?

Answer:

- (b) Iron

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Question 3.

Deficiency of vitamin causes excessive bleeding after an injury.

- (a) A
- (b) B
- (c) K
- (d) D

Answer:

- (c) K

Question 4.

In accordance with the food pyramid, the proportion of should be least in our diet.

- (a) cereals
- (b) fruits
- (c) milk
- (d) oil

Answer:

- (d) oil

Question 5.

..... is a rich source of vitamin C.

- (a) Carrot
- (b) Amla
- (c) Meat
- (d) Milk

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Answer:

(b) Amla

Question 6.

Children of growing age need to get approximately to calories from the food they eat.

(a) 1500-2000

(b) 3150-4150

(c) 2000-2500

(d) All of them

Answer:

(c) 2000-2500

Fill in the blanks:

Question 1.

All food that we consume during the day is together called our

Answer:

diet

Question 2.

..... convert milk into yogurt.

Answer:

Probiotics.

Match the columns:

Question 1.

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Column 'A'	Column 'B'
1. Carbohydrates	a. resistance to diseases
2. Proteins	b. energy
3. Fibre	c. growth
4. Vitamins	d. excretion

Answer:

Column 'A'	Column 'B'
1. Carbohydrates	b. energy
2. Proteins	c. growth
3. Fibre	d. excretion
4. Vitamins	a. resistance to diseases

Question 2.

Column 'A'	Column 'B'
1. Iron	a. Goitre
2. Calcium and phosphorous	b. Anaemia
3. Iodine	c. Inefficiency of muscles
4. Sodium and potassium	d. Weak bones

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Answer:

Column 'A'	Column 'B'
1. Iron	b. Anaemia
2. Calcium and phosphorous	d. Weak bones
3. Iodine	a. Goitre
4. Sodium and potassium	c. Inefficiency of muscles

Question 3.

Column 'A'	Column 'B'
1. Vitamin A	a. Scurvy
2. Vitamin C	b. Excessive bleeding
3. Vitamin D	c. Skin disorders
4. Vitamin E	d. Nightblindness
5. Vitamin K	e. Rickets

Answer:

Column 'A'	Column 'B'
1. Vitamin A	d. Nightblindness
2. Vitamin C	a. Scurvy
3. Vitamin D	e. Rickets

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4. Vitamin E c. Skin disorders

5. Vitamin K b. Excessive
bleeding

Pick out the odd one:

Question 1.

Chocolate, chapatti, banana, milk

Answer:

Chocolate

Question 2.

Rice, chapatti, carrot, dal.

Answer:

Carrot

Question 3.

Scurvy, Rickets, Beriberi, Goitre.

Answer:

Goitre

Question 4.

Vitamin A, Vitamin C, Vitamin D, Vitamin E

Answer:

Vitamin C

Answer the following:

Question 1.

Why do living things need food and water?

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Answer:

Living things take food and water and use them for:

1. Obtaining energy
2. Growth of the body
3. Carrying out day to day functions of the body.
4. Fighting against diseases

Question 2.

Name the main nutrients in our food.

Answer:

There are six main nutrients in our food. They are:

1. Carbohydrates
2. Fats
3. Proteins
4. Fibres
5. Vitamins
6. minerals

Question 3.

How do we get energy from the food?

Answer:

1. We get energy in the form of heat from the food we eat.
2. Heat is measured in kilocalories (calories).
3. Hence, the energy in food items is also measured in kilocalories (calories).

Question 4.

Vitamin C rich food should be eaten raw. Why?

Answer:

1. Vitamin C is very sensitive to heat and light.
2. It is destroyed easily during cooking. Hence, Vitamin C rich food should be eaten raw.

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Question 5.

What is balanced diet? Give its significance.

Answer:

A diet containing adequate quantities of all nutrients is called as balanced diet. Significance of a balanced diet are:

1. An increased capacity to work.
2. Good physical and mental health.
3. Increased capacity to fight/resist diseases.
4. Helps in proper growth of the body.

Question 6.

What is obesity? How to avoid obesity?

Answer:

- Obesity is the state of being overweight.
- Junk food eaten frequently causes obesity.
- Obesity is not good for health.

To avoid obesity:

1. Have a balanced diet.
2. Eat whole grains, fruits and vegetables with their skins.
3. Increase use of bicycles.
4. Play more outdoor games.
5. Do not eat if you are not hungry.
6. Do not watch T.V while eating.
7. Avoid precooked, packaged food.
8. Exercise regularly.

Write short notes.

Question 1.

Vitamins:

Answer:

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1. Vitamins are vital substances required by our body in small quantities. They help to improve the body's resistance to diseases. Their deficiency can lead to various diseases, e.g.: deficiency of Vitamin A causes night blindness and that of Vitamin D causes rickets. The sources of vitamins are vegetables, fruits, milk, fish, meat etc.

2. There are two kinds of vitamins – water soluble vitamins and water insoluble vitamins.

3. Vitamin B and Vitamin C are water soluble vitamins because they dissolve easily in water. They are thrown out of the body through the water in sweat and urine. Hence, a regular supply of these vitamins is essential. B₁, B₂, B₃, B₆, B₉, and B₁₂ are the types of vitamin B.

4. Vitamins A, D, E and K are insoluble in water but are fat soluble vitamins. They get stored in the body.

Question 2.

Probiotics:

Answer:

1. The useful microorganisms which convert milk into yoghurt are present in yoghurt and buttermilk are called probiotics.
2. Lakhs of such useful microorganisms are present in our intestine.
3. They are essential for our health.
4. Hence, to maintain them in our body we should include food rich in probiotics in our daily diet.

Question 3.

Junk food:

Answer:

1. Foods which gives us energy but do not supply the necessary nutrients are called junk food.
2. Foods like chocolate, pizzas, burgers, noodles, fried foods like pakodas are junk food.
3. These foods contain refined flour, sugar and oil in large proportion.
4. If we consume these foods frequently, our body experiences shortage of proteins, vitamins and minerals.
5. This may lead to malnutrition and obesity.

Question 4.

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Adulteration of food:**Answer:**

To earn more profits, cheaper substances of low quality called adulterants, are mixed with the foodstuffs. The mixing adulterants to foodstuffs is called adulteration of food. Adulterants may be poisonous or harmful and such food is impure and unfit for consumption.

Some of the adulterants added to foodstuffs are given below:

Food Items	Adulterants
● Milk	Water, chemicals like urea, starch
● Chilli powder	Brick powder, powdered pumpkin
● Pepper corns	Papaya seeds
● Ice-cream	Washing soda, paper pulp
● Rice	Small white stones
● Peanuts	Reddish pebbles/stones

Give scientific reasons:**Question 1.**

Deficiency of vitamin B and C are common in our body.

Answer:

1. Vitamin B and vitamin C are water soluble vitamins.
2. They are thrown out of the body through the water in sweat and urine.

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3. Hence, a regular supply of these vitamins is essential.
4. If we don't intake food rich in these vitamins, deficiency occurs.

Question 2.

Exposure to sunlight is essential.

Answer:

1. On exposure to sunlight our body synthesizes Vitamin D from substances in milk, fish, eggs and butter.
2. Its deficiency causes softening of bones (Rickets).
3. Vitamin D helps in absorbing calcium and phosphorous for healthy bones and teeth.
4. Hence, exposure to sunlight is essential.

Complete the tables given below:

1.

Nutrients	Source	Function
1. Carbohydrates	Rice, chapatti	Provide energy
2. Fats	Oil, butter	Provide energy
3. Proteins	Sprouts, meat, eggs	Growth, repairing wear and tear of the body.
4. Vitamins	Vegetables, fruits	Improve body's resistance to diseases
5. Fibre	Sprouts, vegetable, fruits	Help in excretion

2.

Mineral	Source	Function
1. Iron	Spinach, raisins	Carrying oxygen to all parts of the body

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2. Calcium, phosphorous	Milk, milk products, meat	Strengthen bones and teeth
3. Iodine	Raisins, fish, sea fish	Controls growth, speeds up chemical reactions in the body.
4. Sodium and potassium	Salt, leafy vegetables, fruits, pulses	Maintain the body's water balance and functioning of the muscles and nervous system.

3.

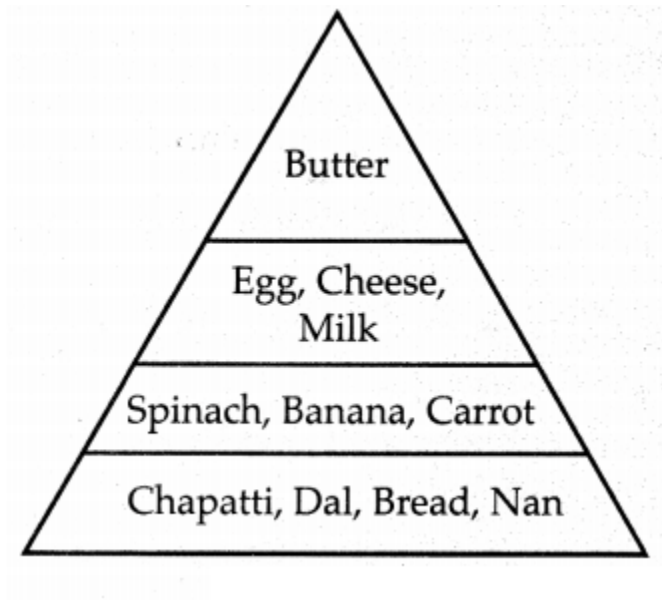
Vitamins	Source	Function
1. A	Carrot, milk, vegetables	Protects eyes, helps to keep skin, bones and teeth healthy.
2. B ₁	Milk, fish, cereals	Helps in proper function of nerves and heart.
3. B ₉	Deep green vegetables, papaya, kiwi	Growth of the body
4. B ₁₂	Meat, milk products	Formation of red blood cells
5. C	Amla, citrus fruits, green leafy vegetables	Protects body tissues
6. D	On exposure to sunlight, Vitamin D is made in our body	Formation of collagen – a protein essential for gums, teeth, bones and skin
7. E	Green leafy vegetables, vegetable oil	Metabolism, reproduction
8. F	Green leafy vegetables, sprouted pulses, yellow of egg	Helps in clotting of blood

Using the food items given below, prepare a balanced diet pyramid.

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[Chapatti, banana, carrot, butter, Nan, egg, bread, cheese, dal, spinach, milk]

Answer:



Can you recall?



Foodstuffs

Question 1.

Which are the various groups of foodstuff? Which main constituents of food do we get?

Answer :

The various groups of foodstuffs are:

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1. Milk and milk products, meat, fish, eggs.
2. Cereals and pulses
3. Vegetables and fruits.
4. Fatty substances oil, butter and ghee.

There are six main nutrients in our food: carbohydrates, fats, proteins, fibres, vitamins and minerals.

Nutrients	Foodstuffs
1. Carbohydrates	Cereals and pulses
2. Protein	Milk product, meat, fish, eggs
3. Fats	Butter, oil, ghee
4. Fibres	fruits and vegetables

Question 2.

What trouble do we have to face if we do not get enough fibre from our daily diet?

Answer:

Fibres help in excretion of food, if we do not get enough fibre we will face indigestion and stomach-ache.

Question 3.

What care must be taken to make sure that fibre is not lost or removed from the food we get?

Answer:

We must not over-cook the foodstuff containing fibres. Fruits should be eaten raw.

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Class 6 Science

- Chapter 1- Natural Resources - Air, Water and Land
- Chapter 2- The Living World
- Chapter 3- Diversity in Living Things and their Classification
- Chapter 4- Disaster Management
- Chapter 5- Substances in the Surroundings - Their States and Properties
- Chapter 6- Substances in Daily Use
- Chapter 7- Nutrition and Diet
- Chapter 8- Our Skeletal System and the Skin
- Chapter 9- Motion and Types of Motion
- Chapter 10- Force and Types of Force
- Chapter 11- Work and Energy
- Chapter 12- Simple Machines
- Chapter 13- Sound
- Chapter 14- Light and the Formation of Shadows
- Chapter 15- Fun with Magnets
- Chapter 16- The Universe

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