

Assignment Subject: - Science Class: - VI Teacher: - Mrs. Kuljit Kaur

Name: _____ Class & Sec: _____ Roll No. _____ Date: 30.03.2020

CHAPTER – 1 Food: Where does it come from?

- Food: Nutritious substance that people or animals eat or drink, or that plants absorb. In order to maintain life and growth.

- Food is essential for both lands and animals.

USES OF FOOD IN OUR BODY

- For energy
- For growth
- For body functions
- For wounds healing
- For good health

PLANT SOURCE OF FOOD

(A) Parts of the plants as a source of food

1. Plant roots used as food. Ex. Carrot, Turnip, Radish, Beetroot.
2. Plant stems used as food: Ex. Potato, Coriander and sugarcane.
3. Plant leaves use as food: Ex. spinach, cabbage, onion.
4. flowers from plant used as food : Ex. Rose, Cauliflower and Bauhinia(kachnar)
5. Fruits on plant used as food :
 - Pulpy fruits: grapes, banana, apple
 - Nuts and dry fruits: almond, currant (kismis)
 - Fruits used as vegetable: Brinjal, tomato, gourd, beans
6. Seeds used as food :
 - Cereals (grains)and seeds : addy(rice),maize(corn),wheat
 - Pulses (dal) : Gram(chana),greengram(mung),pegeon pea.
 - Seeds yoeld oil which is used as food : mustard(sarson),sesame(til),coconut oil.

(B) FOOD THAT COMES FROM ANIMALS

7. MILK;
8. EGGS
9. MEAT FROM ANIMALS
- 10.FISH,PRAWNS,CRABS
- 11.HONEY

There is a lot of variation in the food eaten in different regions of India.

- The main sources of our food are plants and animals.
- Food sources from plants:- vegetables, pulses, spices, cereals, fruits, oils, etc.
- Food sources from animals:- milk, egg, honey, meat, fish, etc.
- Other sources of food are salt and water.
- Animals which eat only plants are called herbivores. Example: cow, goat, sheep etc.
- Animals which eat only animals are called carnivores. Example: tiger, lion, etc.
- Animals which eat both plants as well as other animals are called omnivores.

Example: bears, foxes, dogs, etc.

- Vegetarian : eat only the food from plants.
- Non-vegetarian : eat animal food like meat , fish, chicken and eggs.

Animals that live on dead and decay in food is called scavengers. Example: hyenas, vulture, etc.

Exercise

1. Green plants prepare their own food, hence they are called

- a. Autotrophs
- b. Parasites
- c. Heterotrophs
- d. Decomposers

2. Pulses are rich source of

- a. Fibre
- b. Minerals
- c. Roughages
- d. Proteins

3. Spices provide

- a. Energy
- b. Flavour
- c. Vitamins
- d. Proteins

4. An animal that eats other animals is called a

- a. Producer
- b. Carnivore
- c. Omnivore
- d. Herbivore

5. Match the columns

Column A	Column B
a. Drinking milk	i. Are animal products.
b. Vegetable, fruits	ii. Is good for health.
c. Carrot, tomato, potato	iii. Are rich in minerals and vitamins.
d. Egg, meat, paneer	iv. Are vegetables.
e. Wheat, gram, rice	v. Are plant products.

7. Fill in the blanks.

- a. Tiger is a ----- because it eats only flesh of other animals.
- b. Main supply of eggs comes from----- and -----.

- c. We are ----- because we eat both plant and animal products.
 - d. Food is needed by living organisms for -----, ----- and protection.
 - e. We get sugar from-----.
6. What are milch animals?
 7. Why do we need food?
 8. Why should we avoid wastage of food?
 9. Given below are jumbled words which are names of parts of plant. Rearrange them to get the correct words.
 - a. TOOR
 - b. SEANBOYA
 - c. LFOER
 - d. ROUNDGNUT
 - e. ITRUF

ANSWER KEY:

1. a
2. d
3. b
4. b
5. (a) - (ii), (b) – (iii), (c) – (iv), (d) – (i), (e) – (v).
6. a. Carnivore
b. Hens-ducks
c. Omnivores
d. Growth-development
e. Sugarcane
7. Many animals like such as cows, buffaloes, sheep and goats were domesticated for animal products like milk, meat and wool. The milk yielding animals are called milch animals. The main milk producing animals are cows, buffaloes, sheep and goats etc.
8. The food we eat contains the nutrients that our bodies need to replace worn out cells, stay healthy and stay strong. It is the same for every living organism. We need food for growth, development and protection against diseases.
9. We should avoid wastage of food as food is precious. There are many people in our country who do not get sufficient food to eat. Even if the food is available, they do not have enough money to buy. We must therefore ensure that no food is wasted.
10. a. ROOT
b. SOYABEAN
c. FLOWER
d. GROUNDNUT
e. FRUIT