

13/4/20

SOR - SCIENCE

CLASS - VI

CHAPTER - 2 (Components of food)

Task A: Read the chapter.

Task B: R/L ^{exercise} in flc.

Q1. Name the major nutrients in our food.

Ans: Carbohydrates, proteins, fats, vitamins, minerals etc. are the major nutrients in our food.

Q2. Name of following:

(a) The nutrients mainly give energy to our body:

Ans: Carbohydrates and fats.

(b) The nutrients that are needed for growth of ~~plants~~ and maintenance of our body:

Ans: Proteins and minerals.

(c) A vitamin required for maintaining eyesight:

Ans: Vitamin A.

(d) A mineral that is required for keeping bones healthy:

Ans: Calcium.

ingredients contain some components that are needed by our body. These components are called **nutrients**. The major nutrients in our food are named carbohydrates, proteins, fats, vitamins and minerals. In addition, food contains dietary fibres and water which are also needed by our body.

Do all foods contain all these nutrients? With some simple methods we can test whether cooked food or a raw ingredient contains one or more of these nutrients. The tests for presence of carbohydrates, proteins and fats are simpler to do as compared to the tests for other nutrients. Let us do these tests and record all our observations in Table 2.2.

For carrying out these tests, you will need solutions of iodine, copper sulphate and caustic soda. You will also need a few test tubes and a dropper.

Try these tests on cooked food items as well as raw materials. Table 2.2 shows you a way to record the observations from these tests. Some food items are given in this table. You can conduct the tests either with these or any other available food items. Do these tests carefully and do not try to eat or taste any chemicals.

If the required solutions are not available in readymade form, your teacher can prepare them as given in the box.

Let us begin by testing different food items to see if they contain **carbohydrates**. There are many types of carbohydrates. The main carbohydrates found in our food are in

A dilute solution of iodine can be prepared by adding a few drops of tincture iodine to a test tube half filled with water.

Copper sulphate solution can be prepared by dissolving 2 gram (g) of copper sulphate in 100 millilitre (mL) of water.

10 g of caustic soda dissolved in 100 mL of water makes the required solution of caustic soda.

the form of starch and sugars. We can easily test if a food item contains starch.

Activity 2

Test for Starch

Take a small quantity of a food item or a raw ingredient. Put 2-3 drops of dilute iodine solution on it (Fig. 2. F). Observe if there is any change in the colour of the food item. Did it turn blue-black?



Fig. 2.1 Testing for starch