

CLASS VI

SUBJECT SCIENCE Chapter - 1 "Food and its sources"

Any substance which provide nourishment to the body and keeps it in good health is called food.

Role of food - We can walk, play and do all other activity only because of the energy we get from food. Food helps us to grow it protects our body from diseases.

Food from Plants

We eat leaves, fruits flowers roots and stems of many plants. The parts of the plant which are safe to consume are called edible.

For example -

We eat root like - carrot, radish turnip etc.

We eat leaves like - cabbage spinach fenugreek etc.

We eat flowers like - cauliflower, broccoli etc.

We eat stems like - potato, onion ginger etc.

Fruits and vegetables provide us with various vitamins, minerals and roughage.

Home work

Ques- Answer the following questions in brief

(i) Define food (ii) Name five plants and their part that we eat.

Ques- Give two example of each:

(i) Edible oil (ii) Fruits eaten as vegetables

Ques- Distinguish between herbivores and carnivores.

P.T.O.

Subject - Science Class VI

Ques 4. Choose the correct option

(i) Which one of the following is not an edible root?

- (a) carrot
- (b) radish
- (c) turnip
- (d) potato

(ii) Human beings are _____

- (a) carnivores
- (b) herbivores
- (c) omnivores
- (d) parasites

Ques 5. Draw a figure of 'food chain'