



VIDYA SHREE ACADEMY

SR. SEC. SCHOOL

An English Medium Co.Ed. School | Science & Commerce

W : www.vsajaipur.com | E : vsajaipur@gmail.com M. : +91 9460356652, 8058999828

Add. : 84, Krishna Vihar, Behind Narayan Niwas, Gopalpura Bypass, Jaipur - 302015



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/vsa_jaipur

Little Steps
Pre Primary wing of VSA

Assignment - 8 Class - VI

Subject - Science

Chapter - 2 (Components of food)

(E) Ques/Ans:

Q1. Give two cooking practices that lead to the loss of nutrients in food material.

Ans. 1. If cooking is done at a high temperature, many proteins and vitamins are destroyed.

2. Mostly, thick peels are removed from vegetables and fruits. This result

in loss of nutrients.

Q.2 Name the disease caused by the deficiency of dietary iodine and write its symptoms.

Ans. Disease: Anaemia

Symptoms: weakness and fatigue, loss of weight.

Q3. How do we get most of the water needed by our body?

Ans. Most of the water needed by our body come from plain drinking water, beverages and tea and coffee.

Q4. Differentiate between the two

types of carbohydrates found in food.

Ans. The two main carbohydrates found in our food are : (a) sugar
(b) starch

Difference: 1. Sugars are simple carbohydrate while starch are complex in nature.

2. Sugars have sweet taste but starch are tasteless.

3. Main source of sugars are glucose and fruits but main source of starch are wheatwheat and potato etc.

Q5. Why is roughage important to us?

Ans. 1. It adds bulk to the food. This helps our body get rid of undigested

food and thereby prevents constipation.

2. It can absorb a great amount of water and helps retain water in the body.