

## Science Assignment

Class VI

Chapter - 1

### Food : Where Does It Come From

1. What is food?

The eatable substances eaten by human beings and other animals to get energy for various activities , for growth and development is called food.

2. Why should we eat cooked food?

We should eat cooked food because :-

- a. By cooking we can kill harmful germs and make it germless.
- b. Cooked food can be easily digested and absorbed by our body.
- c. Cooking improves the taste of the food.

3. Explain the importance of food for living organisms.

Importance of food for living organisms is :-

- a. It provides energy to do various activities.
- b. It helps in growth.
- c. It helps to repair and replace the damaged part of the body.
- d. It protects us from infections and diseases.

4. Explain the various sources of food items and ingredients with the help of examples.

There are two main sources of food ingredients of various food items.

- a. Plants :- Plants provide us fruits , vegetables , pulses , grains ,cereals etc.
- b. Animals :- Animals provide us milk , eggs , meat etc.

5. Differentiate between Herbivores , Carnivores and Omnivores.

Herbivores :- The animals that eat only plants or plant products are called herbivores. For example cow , goat and horse.

Cannivores:- :- The animals that eat other animals are called carnivores. For example lion and tiger. Carnivores generally eat herbivores and other carnivores.

Omnivores :- The animals that eat both the plants and animals are called omnivores For example cat , dog and human beings.

6. With the help of a flow chart show various contributors involved in making a chapatti.
  - a. Farmers cultivate the wheat crop.
  - b. Ripened wheat is cut and transported to market.
  - c. Flour mills buy wheat and grinds to make flour.
  - d. We buy flour from the market.
  - e. Mother cooks chapatti for us.
7. Name the different parts of a banana plant that are used as a food.  
The different parts of a banana plant that are used as food are flowers, fruits and stem.
8. Name some animal food that we get from water resources.  
Animal food that we get from water resources are Fishes , Prawns , Lobsters and crabs.
9. Give two examples where two or more parts of a single plant are used as food.
  - a. Mustard – Seeds and leaves
  - b. Pumpkin – Fruits and flowers
10. What do you call the habit of an individual to eat a particular type of food item commonly?  
Food Habit
11. Which ingredients are used to prepare cooked rice and Potato curry?
  - a. Cooked rice – Raw rice and water.
  - b. Potato curry – Raw potatoes, water, oil, salt and spices.
12. Name the three products provided by plants and animals.
  - a. Plant products – Grains, cereals and vegetables.
  - b. Animal Products – Milk, Egg and meat.
13. Name three edible parts of a plant. Which part of a plant do we eat generally?  
Three edible parts of a plant are roots, fruits and leaves. We generally eat fruits of many plants.
14. Which type of seed give us more energy?  
Sprouted seeds give us more energy than normal seeds.

15. What is honey? Why it is so important?

A sweet substance ( liquid) prepared by bees from the nectar is called honey. Honey is very nutritious and has medicinal value.

16. What do you mean by edible and nectar?

a. Edible – Edible are the eatable parts of a plant. For example- fruits, leaves.

b. Nectar- Sweet juice present in flowers which is collected by bees.

17. Give some examples of sources of food which we get from plants?

Fruits : Apple, Mango, Orange, Banana, Grapes

Vegetables : Potato, Tomato, Onion, Chilli, Ladyfinger

Pulses : Kidney beans, Chickpea, Moong bean, Urd bean, Chana bean

Cereals : Wheat, Rice, Maize, Bajra, Gram

Flowers : Cauliflower, Banana flower

18. What are the natural producers of food ? How do they produce food?

Green plants are called natural producers of food . They produce food by the process of photosynthesis.

19. Name some parts of a plant which we can eat?

Roots : Carrot, Raddish

Stem : Potato, Onion

Fruit : Mango, Cherry

Vegetables : Brinjal, Ladyfinger

Seed : Wheat, Rice

20. Make a list of diary products.

- Paneer
- Butter
- Cream
- Ghee
- Curd
- Cheese