

Home assignment

Class :- 6

Subject :- Science

Q 1. Why do we need food?

Ans. We need food for-body building, growth, protection against disease and production of energy to perform various activities.

Q 2. Differentiate between herbivores, carnivores and

omnivores.

Ans. Herbivores : Animals which eat only plants are called herbivores. For ex. Elephant, rabbit etc.

Carnivores : Animals which eat only flesh of other animals are carnivores. For ex. Lion,

Tiger etc.

Omnivores : Animals which eat both plants and flesh are called omnivores.

For ex. Human, dogs etc.

Q3. What are nutrients? Name five essential nutrients.

Ans. The various components of food are called nutrients. The five essential nutrients are carbohydrates, proteins, fats, vitamins and minerals

Q 4. Why Iron is important for us?

Ans. Iron is important for us because it is an important part of haemoglobin of blood. It gives red colour to the blood and transmits oxygen.

Q 5. What is a balanced diet?

Ans. A diet that contains all the essential components in adequate proportion is called balanced diet.

2. Definitions:

a. Malnutrition: Lack of essential nutrients in the food.

b. Micronutrients: Vitamins and minerals needed in small amounts by the body.

c. Apiculture: Rearing of honeybees on large scale.

d. Pisciculture: Rearing of fish on a large scale.

e. Milch animals: Milk producing animals.