

CLASS - VI  
SUBJECT SCIENCE Chapter-2 'Components of food'

### A BALANCED DIET

The diet which contains all the essential nutrients in right proportion is called balanced diet. A diet is said to be balanced if -

- (i) It provide required energy,
- (ii) It provide material to repair wear and tear of tissue,

### DEFICIENCY DISEASES

Diseases which occur due to lack of essential nutrients in our diet are called deficiency diseases or nutritional disorders. This happens if a balanced diet is not taken by a person.

Sometimes a person's diet lacks in a particular nutrient only. He may eat sufficient food, but still not get the required nourishment such a condition is called malnutrition.

### DEFICIENCY OF CARBOHYDRATES

Lack of carbohydrate in food

for a long time may lead to:

- (i) Weakness and lack of stamina
- (ii) Weight loss
- (iii) Cannot bear any physical or mental strain.

### DEFICIENCY OF FATS

Deficiency of fats causes weakness and loss of stamina

P.T.O.

DEFICIENCY OF PROTEINS

Deficiency of proteins in the diet causes a disease called Kwashiorkor. This disease is common among the children of one to five year of age,

Symptoms: It has the following symptoms:

- (a) Stunted growth.
- (b) Hair becomes reddish.
- (c) The body swell up due to retention of water (oedema), large pot-like belly. Limbs become thin and bony.

DEFICIENCY OF MINERALS

Iron is required by our body for the formation of red blood cells. Iron deficiency causes anaemia, fatigue, general weakness. Deficiency of Iodine cause retarded growth and mental disability and abnormal enlargement of thyroid gland or goitre.

HOME WORK

Note - Learn and write all question and answers.

Ques 1 - Answer these questions.

- (i) What do you mean by a balanced diet?
- (ii) What do you mean by deficiency diseases.
- (iii) What are the symptoms of Kwashiorkor?

Ques 2 - Name the following:

- (i) Lack of this mineral causes goitre \_\_\_\_\_
- (ii) Iron deficiency causes \_\_\_\_\_
- (iii) It provide required energy \_\_\_\_\_

Ques Write true or false.

- (i) Kwashiorkor is not common among the children of one to five of age.
- (ii) Deficiency of vitamin D in the diet can cause rickets.
- (iii) A person suffering from obesity is at a greater risk of heart attack.

Ques Fill in the blanks.

- (i) Iron is required by our body for the formation of red \_\_\_\_\_ cells.
- (ii) Sometimes a person diet lacks in a particular \_\_\_\_\_ only.
- (iii) A balanced diet provide material to repair wear and tear of \_\_\_\_\_.

Que Draw a figure of 'A Balanced diet.'

# Balanced diet

