

New Era High School, Panchgani	
Assignment 2	Class VI
Subject	Science
Topic	Chapter 1: Components of food.
Time Line	May 4 to May 9, 2020
Subtopic	<ul style="list-style-type: none"> • Nutrients • Importance of Nutrients. • Balanced diet • Deficiency disease
Resources	NCERT Class VI Science textbook(online)
General Instructions	<ul style="list-style-type: none"> • Please refer to the NCERT online text book. • Read the chapter and write the summary in your own words. • The students should scan the written assignments or click a picture of the written assignments and send by an email to karan.kharat@nehs.in • The assignment should be sent on or before May 9, 2020 and the hard copy has to be submitted as and when the student reports to the school. • Any queries will be resolved through the e-mail. • The assignments given are mandatory and are a part of the internal assessment.
Assignment	<ol style="list-style-type: none"> 1. Why do we need food? 2. Write down the nutrients present in our food. 3. Mention sources of Carbohydrates, Proteins and Fats. 4. What is a balanced diet? 5. Write a few nutrients and the diseases caused by their deficiency.
Activities	<p>1. Prepare a balanced diet chart of your own for three consecutive days. Add the following titles in a tabular form. Conclude your answer by identifying whether the diet followed by you is a balanced or unbalanced diet. Include the intake of water as well.</p> <p>Meals- Breakfast, Lunch, Dinner</p> <p>Food item eaten-</p> <p>Nutrients present-</p>

	<p>Conclusion- balanced or unbalanced diet.</p> <p>2. Take a survey of your family members. Ask them if they have come across with any relative or friend suffering from deficiency diseases. Write down your experience talking to them.</p> <p>3. Ask your parents why are the nutrients important in our diet? Mention at least 5 points.</p> <p>4. Test the presence of fats in peanuts and in uncooked rice. Write down your observations.</p>
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Subject Teacher: Karan Kharat
