

Worksheet

Class 6th (science) part 1

Chapter 2nd Components of food

Nutrients:- The food we eat contains various chemical constituents which provide nourishment essential for the growth and maintenance of our body. These chemical constituents are called nutrients.

Types of Nutrients

1. Carbohydrates
2. Fats
3. Proteins
4. Vitamins
5. Minerals
6. Water and roughage

- All these nutrients are used either as an energy source or for the growth and maintenance of body parts.

Carbohydrates

Types of carbohydrates

- (i) Starch
- (ii) Sugar

- All the carbohydrates are the combination of carbon, hydrogen and oxygen.
- Starch molecules are more complex than sugar.

Major sources of carbohydrates

Cereals (wheat, rice, maize etc.), fruits (mango, banana, melon etc.), vegetables (potato, sweet potato, beetroot etc.) and jaggery.

Role of carbohydrates in our diet

- Carbohydrates give enormous amount of energy to our body for carrying out our daily activities.
- Carbohydrates add flavour to our food.
- Carbohydrates are important for the correct working of our brain, heart, digestive and nervous system.

Let's Experiment

Objective : To test the presence of carbohydrates (starch) in food.


Materials required : A small amount of foodstuff to be tested, iodine solution, test tube, bunsen burner and dropper.

Procedure :

1. Crush a small amount of the foodstuff (if solid) and add it to the test tube.
2. Add some water to the test tube and shake it.
3. Next, heat the test tube for about 1 minute. After the test tube has cooled down, add few drops of iodine solution to it with the help of dropper.

Observation : You will observe that the food sample turns blue-black.

Conclusion : As iodine turns blue-black on reacting with starch, it shows the presence of carbohydrates (starch) in the food sample.



The diagram illustrates the iodine test for starch. It shows a hand holding a dropper, adding a few drops of iodine solution to a test tube. The test tube initially contains a colorless liquid, but after adding iodine, it turns a dark blue-black color. Labels indicate 'Iodine solution' and 'Blue-black colour'.