

STANDARD VI SCIENCE

CHAPTER 2 COMPONENTS OF FOOD

BALANCED DIET

- The food we eat daily is known as diet. It is important for us to take all the nutrients in our diet in appropriate amounts.
- A balanced diet is defined as the diet which contains different types of nutrients in proper proportions that an individual needs and must also include enough water and roughage.



- ◉ The balance diet depends on age and type of work that one does , for example-
- ◉ 1. Growing child needs more protein than a grown up man.
- ◉ 2. A labourer needs more energy which he can get by eating more carbohydrate rich foods.



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- ◉ Eating the right kind of food is not enough . It should also be cooked properly so its nutrients are not lost.
- ◉ Repeated washing of rice and pulses removes water soluble vitamins and minerals and hence lowers the nutritive value.
- ◉ Washing of fruits and vegetables after peeling and cutting removes the water soluble vitamins and minerals.
- ◉ Skin of many vegetables and fruits contain vitamins and minerals. Do not peel them whenever possible.



- ◉ Cooking improves the taste of food and makes it easier to digest but many useful proteins and minerals are lost if excess water is used during cooking and is then thrown away.
- ◉ Over cooking also destroys the nutrients of the food.
- ◉ Heating food repeatedly also results in loss of nutrients.
- ◉ Minimum water should be used when boiling some food items . Excess water when thrown out after cooking ,takes away all the nutrients of the food cooked in it.

Overcooking is harmful



Obesity

It can be very harmful for us to eat too much of fat rich foods and we may end up suffering from a condition called obesity.

The people suffering from obesity have cravings for fat rich foods more than what their body needs .

They are more likely to suffer from heart diseases and circulatory problems.



