

CLASS 6

SCIENCE

CHAPTER 2

COMPONENTS OF FOOD

HOTS QUESTIONS

1. If you eat only fried food and have cold drinks, will you remain healthy? Explain.
2. Doctors advise us to drink at least two litres of water daily. Why?
3. How will you prove that the milk you drink contains protein?
4. Do people of all ages need the same type of diet? Explain with examples.
5. Is it possible for a person to eat a balanced diet without expensive food materials? If yes, make a 'thali' for Nandu, a poor labourer who cannot afford the expensive food. Label the food items included by you in the 'thali'.
6. Humans cook food but animals don't. How humans came to know about cooking?
7. Ronak was very fond of sweets such as *rabdi*, *peda*, *malai*, *kheer* etc. and took them in large quantities saying that they provided a lot of energy. Is it a right practice? Why / Why not?