

# CLASS VI

## SCIENCE

### CHAPTER 1 AND CHAPTER 2

#### CASE STUDY QUESTIONS

**A)** *Food can maintain or save a life. It can destroy life as well. Proper food serves the purpose of medicine. Improper food works as poison and cause diseases. We may take pride in calling ourselves civilized, but we float all the norms about the quality or quantity of food. We mostly eat processed foods. We have drifted away from Mother Nature. Thus the incidence of diabetes has increased very much. According to a survey, diabetes was rare in the natives of Canada a few years ago. With the advent of processed and junk foods: the incidence of diabetes has shot up within a very short time.*

Answer the following questions:

1. How food maintains our life?
2. What is proper food?
3. What is the effect of improper food?
4. Why diabetes increased in Canada within a very short time?
5. This chronic condition of diabetes is associated with the improper amount of which nutrient?

**B)** *One's diet must be balanced with all the required nutrients for healthy living. Also remember, an excess of everything is bad. Related to the problem of stress, excessive intake of salt is definitely out. Too much of sugar, fried food and chillies are not good either. An even*

*more important aspect of the relationship between food and stress lies not so much in what or how much we eat but how the food is taken. For example, food eaten in a great hurry or in a state of anger or any other negative state of mind is bound to induce stress.*

1. What is balanced diet?
2. Excessive intake of what can cause problems of stress?
3. Why eating too much of sugar, fried food and chillies is not good?
4. On what condition does the relationship between food and stress lie?
5. Salt is rich in which nutrient?
6. What is the source of salt?
7. Which national leader led the movement of Salt March (also called Dandi March)?

**C)** *Carbohydrates, sometimes just called carbs for short, are types of foods that humans need for energy to stay active. While the body uses proteins as building blocks for making strong bones and muscles, carbohydrates are the main fuel for the body. All carbohydrate foods are composed of the elements carbon, hydrogen and oxygen organized into molecules that are called sugar molecules. For example, fruits like apples and peaches contain a type of sugar called fructose and galactose is a sugar found in milk. There are two types of carbohydrates called simple carbohydrates and complex carbohydrates. Simple carbohydrates have sugar molecules that are easily digested and provide quick energy. Commercials on television will advertise that eating a candy bar, which has lots of simple carbohydrate sugar, will give you a boost in energy. This is true but you get lots of calories from candy. A piece of fruit or a glass of milk*

*also has simple carbohydrates that will give you a quick boost in energy. These healthy snacks provide the body with needed vitamins, minerals and fiber that candy or other sweet snacks like cookies do not have. Complex carbohydrates contain large sugar molecules and each complex carbohydrate molecule is made up of many simple sugars. Complex carbohydrates are also called starches. Examples of starches include bread, pasta like spaghetti noodles or macaroni, rice and crackers. These foods are made from grains like wheat, rice or oats. Complex carbohydrate foods are healthy to eat because they provide energy. Instead of providing quick energy like simple sugars, complex carbohydrates provide energy for a longer period of time. It takes time for the digestive system to break the complex carbohydrate into simple sugars that the body can use for fuel. This means that complex carbohydrates release energy all the time they are being digested.*

Choose the correct option for the following questions:

1. *What do carbohydrates do for the human body?*

- a. Build muscle
- b. Provide energy
- c. Make strong bones
- d. All of the above

2. *All carbohydrate foods are composed of the elements*

- a. Carbon
- b. Hydrogen
- c. Oxygen
- d. All of the above

3. *Which of the following is an example of a simple carbohydrate food?*

- a. Bread
- b. Rice
- c. Apple
- d. Macaroni

4. *Another name for complex carbohydrates is*

- a. Starches
- b. Candy
- c. Protein
- d. Fruit

5. *Which of the following foods will take longer to digest?*

- a. Bread
- b. Candy
- c. Apple
- d. Milk

6. *Which of the following is an example of a grain?*

- a. Candy
- b. Apple
- c. Oats
- d. Milk