

CLASS-VI
SUBJECT- SCIENCE
CHAPTER-SOURCES OF FOOD

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Period/Worksheet- 1

SOURCES OF FOOD

1. What is food?

The material or substance which we eat is called food.

Why do we need food?

2. Organisms require food for the following purpose:

- 1. To provide energy for various activities of the body**
- 2. For growth and development of the body**
- 3. To protect the body from diseases and keep us healthy**
- 4. For repair of injured body parts**
- 5. For reproduction**

1.1 FOOD VARIETIES

See Fig. 1.1. It shows the different types of food eaten by us.



(a) Rice, chapati/roti,
dal, vegetable,
curd, kheer



(b) Dosa, idli,
sambar,
chutney



(d) Milk, egg,
bread



(e) Samosa,
burger, pastry

Fig. 1.1: Different types of food and food items

Facts about food

1. There is a lot of variety in the food we eat.
2. We eat different food items at different times of day like breakfast , lunch , dinner
3. People from different states in India eat different kind of food.

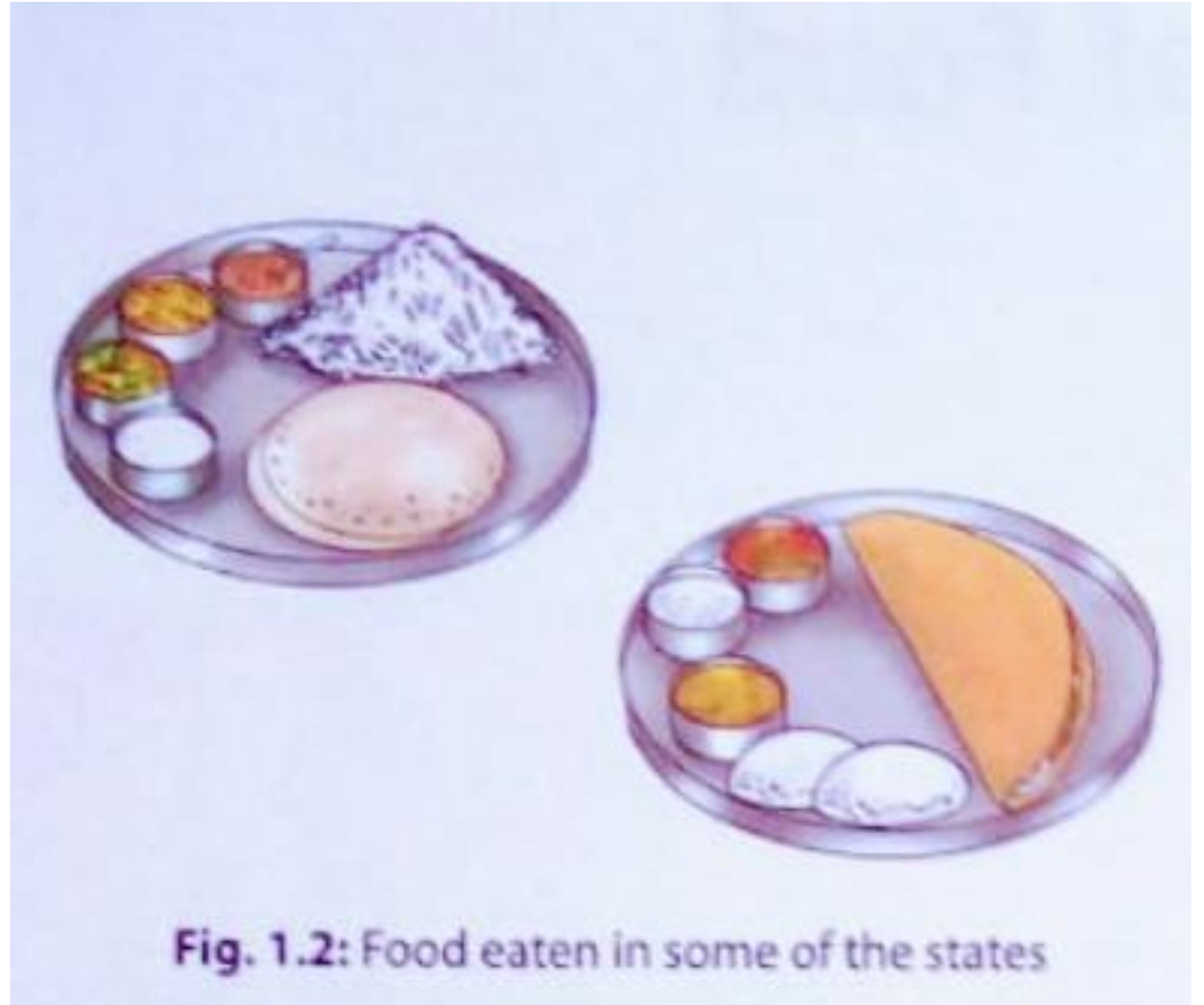


Fig. 1.2: Food eaten in some of the states

Activity 1 :---

Sl. No.	State	Food items eaten for lunch
1.	West Bengal	
2.	Tamilnadu	
3.	Punjub	
4.	Maharasthra	
5.	Uttarpradesh	

Food Ingredients:-

- The materials which are used to prepare food items are called ingredients.
- Example : food item - kheer. Ingredients are milk, sugar, rice, raisins, cashew nuts.
- Activity 2:- ---

•	Sl. No.	Food items	Ingredients
	1.	Rice	
	2.	Dal	
	3.	Chicken curry	
	4.	Idli	
	5.	Palak paneer	

Food eaten by animals

All living things need food to remain alive.

- Green Plants can prepare their own food
- Animals including human can not prepare their food . They eat plants or other animals
- Different animals eat different kinds of food.
- Animals which eat plants or plants product are called herbivores .
Example cow, buffalo , horse.
- Animals which other animals are called carnivores. Example lion, tiger, jackal.
- Animals which eat both plants and animals are called omnivores.
Example human, crow ,cockroach.



(a) Herbivorous animals



(b) Carnivorous animals



(c) Omnivorous animals

Fig. 1.6: Categories of animals based on food eaten

Activity 3

- Write down the name of different animals and the food eaten by them also mention their categories:-

Sl. no	Name of animals	Food eaten by them	categories
1.			
2.			
3.			
4.			
5.			
6.			
7.			

Home work (work sheet no.1):-

1. copy all three activities in your class work copy (on white page of a interleaf copy) and complete them with pencil.
2. define the following:
 - a) food , b) food ingredients , c) herbivores , d) carnivores , e) omnivores.
3. Give two examples each of herbivores , carnivores , omnivores.

Research and say.....

1. Who are called scavengers? Give two examples.