

05/12/2020

S.J.N. PUBLIC SCHOOL.

Lockdown Homework.

Sub: Science

Date-22/05/2020

class- 6

Topic: Component of food.

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Saturated fats:

Fats that are 'normally solid at room temperature are called Saturated fats. Ex - Ghee.

Unsaturated fats:

Fats that are normally liquid at room temperature are called Unsaturated fats. Ex - oil.

Fat Soluble Vitamin:

Vitamins that are stored in fat tissue and used only when the body needs them are called fat Soluble Vitamins. Ex - A, D, E and K.

Water Soluble Vitamins:

Vitamins that are not stored in the body and need to be regularly supplied through food are called Water Soluble Vitamins.

Ex - B and C.

Macro minerals:

Minerals that are needed by the body in larger amounts are called macro minerals. Ex Calcium, Sodium, Phosphorus etc.

Micro minerals:

Minerals that are needed by the body in small amount are called micro minerals. Ex. Sulphur, Zinc, Cobalt etc.

Q.1:- Write importance of fat Soluble vitamins

Q.2:- Write importance of macro minerals.