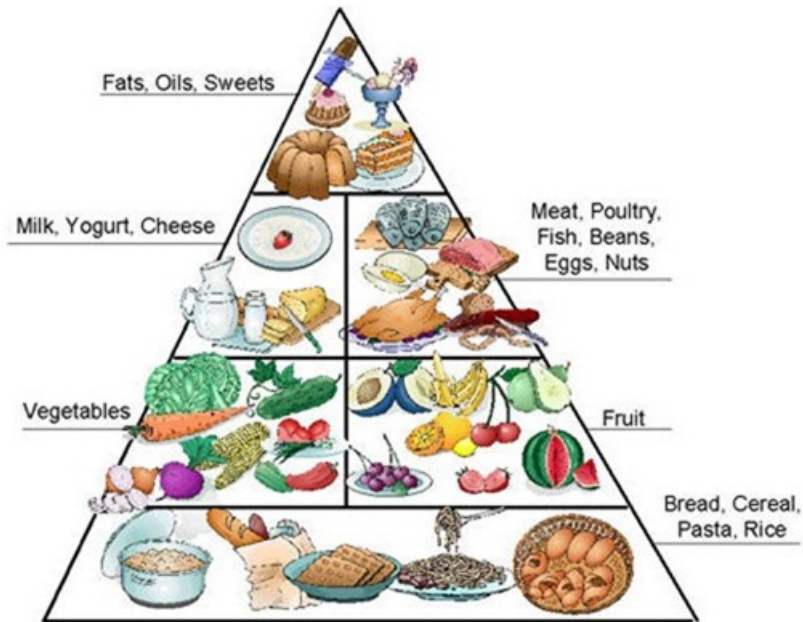
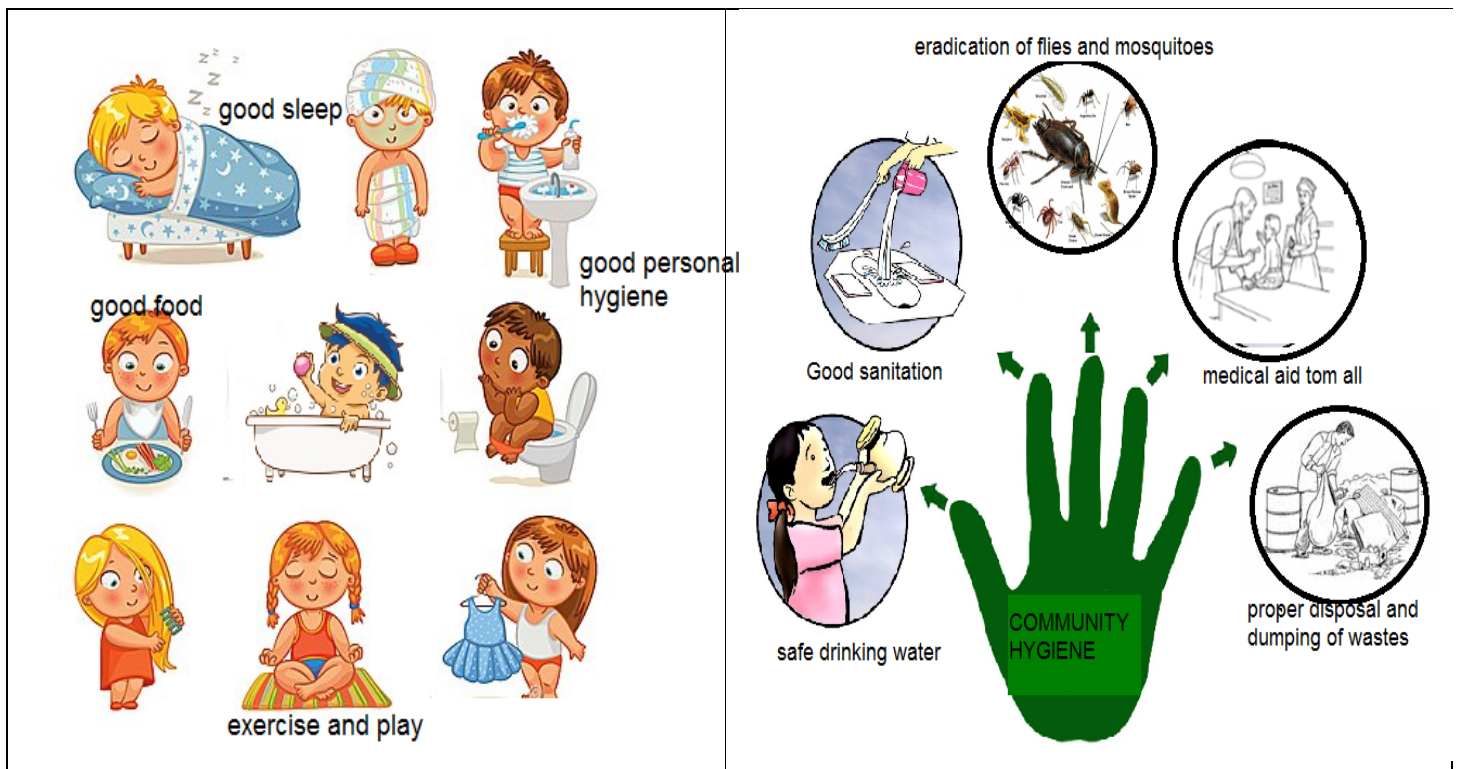


CLASS 6 ICSE BIOLOGY
REVISION NOTES
MAINTAINING GOOD HEALTH

NUTRIENTS AND SOURCES	FUNCTIONS
CARBOHYDRATES- cereals, potatoes, bread, noodles	Provide energy
FATS- ghee, oils, butter, nuts	Provide energy
PROTEINS- fish, eggs, milk, soya, paneer, pulses	Tissue repair, growth, body building
VITAMINS- fruits, vegetables, spinach, milk	Protective foods, prevent diseases. Deficiency causes diseases like night blindness (Vit A), beri-beri (Vit B) Scurvy (vit C) and weak bones (Vit D)
MINERALS- milk, eggs, fruits, vegetables, jaggery	Normal functioning of body, deficiency of iron causes anemia, Calcium-weak bones; iodine-goitre
ROUGHAGE- vegetables, dahlia, spinach	Adds bulk to food, prevents constipation
WATER	Transport medium, maintains body temperature, eliminates wastes



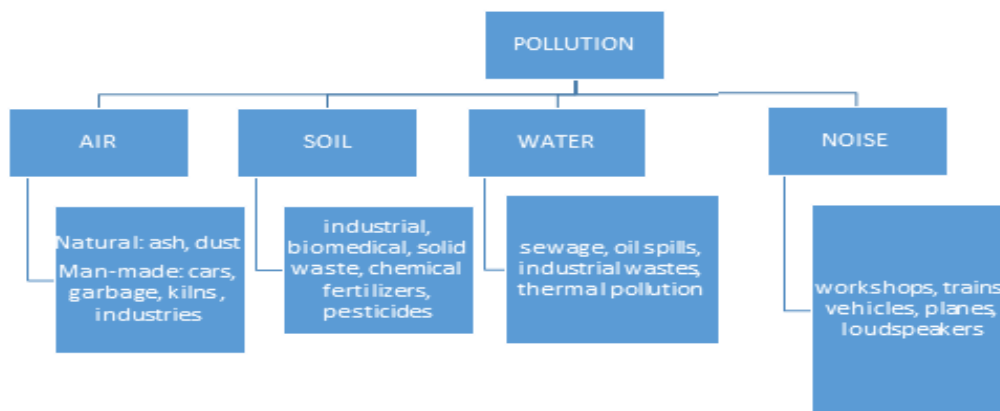
A balanced diet provides all nutrients in the right amounts to ensure good health and well-being of an individual



PERSONAL HYGIENE

COMMUNITY HYGIENE

POLLUTION AND ITS CAUSES



BASIC FIRST AID

BURNS				
<p>Keep the burn under water</p>	<p>For nosebleed, lean the head forward and pinch the soft part of the nose</p>	<p>For bad bleeding, tie a tourniquet, keep area raised</p>	<p>For broken bones, keep the area still, call doctor immediately</p>	<p>For snake bite, make a cut to remove some poison, tie a cloth above the bite</p>