



EDUKALA



 **dheerya**
foundation



Science

6th Grade



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Feedback



FIBRES AND ITS DEFICIENCIES

- Fibre is a type of carbohydrate which helps to move the food easily through the body and its deficiencies may cause problems in the body.
- Fibre is the component in the diet that mainly helps with digestion.



OBJECTIVES

- Students understand the importance of fibres and identify the food items that contain fibres.





PRE-ASSESSMENT



- What percentage of fibre should a balanced diet contain (About 25%)
- Name one fibre rich vegetable (Raddish)



PRE-REQUISITES

- Images
- 2 balloons
- 4 biscuits
- Water
- Scissors/pin
- Bowl



ACTIVITY:

- Get different images of food items which contain high amounts of fibre and those which do not contain fibre
- Take a printout of these images, and show them to the students
- Divide the class into two groups and quiz them
- Show them the pictures of the foods and the students have to guess which food has higher fibre content
- For example: spinach has high content of fibre while white rice has very less fibre



FOOD ITEMS WITH HIGH FIBRES



Apples



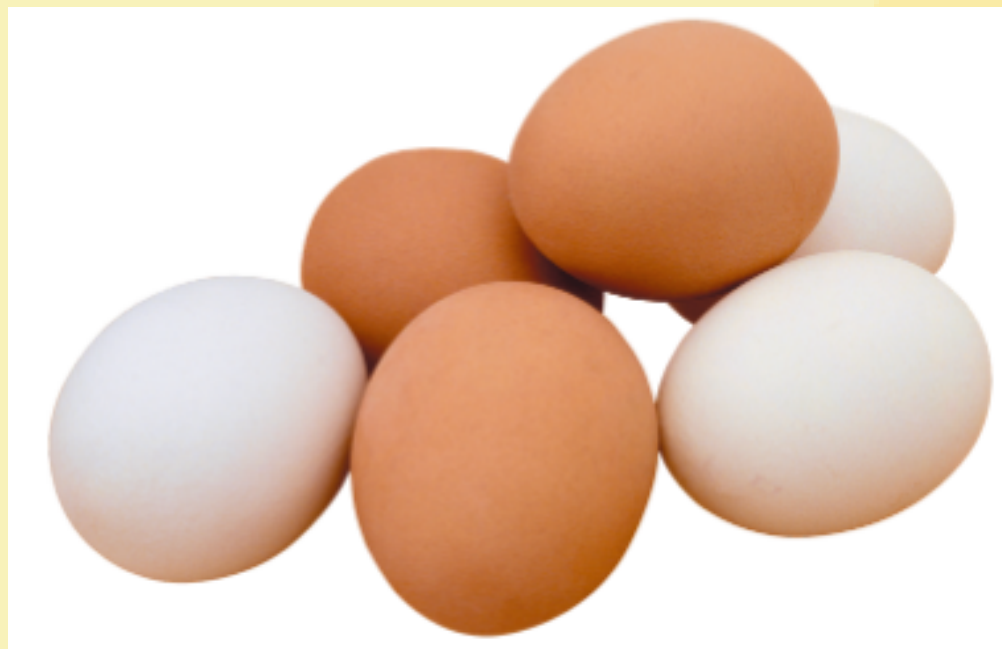
Carrots



Dal



FOOD ITEMS WITH HIGH FIBRES



Eggs



Rice



Butter



LEVEL-1 & 2

ACTIVITY:

- Take two balloons and add two slightly crushed biscuits into each of them
- Now add a good amount of water to one of the balloons
- Let the balloons rest for some time
- Now make a very small hole on the bottom of the balloons holding them over a bowl
- Try to squeeze the biscuits out of the balloons
- Observe that the balloon with water empties out easily and efficiently



LEVEL-1 & 2

- The role of the fibre in our body is very similar to this
- The balloon without water (fibre) is the representation of deficiency of fibres
- Hence fibre is very necessary for proper digestion of food in our body



POST-ASSESSMENT

- Ask students how they can include more fibre in their diet



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