



पुर्णा International School

Shree Swaminarayan Gurukul, Zundal

CLASS VI

SUB -SCIENCE

Specimen copy

APRIL -MAY 21-22

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Sr. No	Month	Topic
1	April-May	Ch 1 Food :Where does it come from? Ch 2 Components of food



Ch 1

Food : Where Does it Come From ?

PICTORIAL ACTIVITY

Fill the Ingredients in the given table and paste the picture of Foods items .

Food item	Ingredients
Roti	Atta, water
Dal	Pulses, water, salt,oil,spices
kheer	Milk, rice ,sugar
Idli	Rice,urad dal, salt , water



Activity

Carefully observe the pictures and write down the parts of the plants that are edible.



: Flower



: Root



: Stem



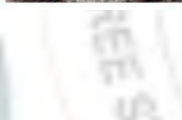
: Leaf



: Fruit



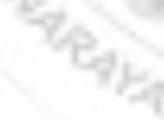
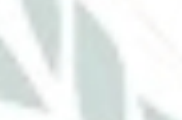
: Seed



: Seed



: Seed



: Seed



: Seed



: Seed



: Seed



: Seed



: Seed



: Seed



: Seed

Key points to remember

- Eating a variety of foods provides a range of different nutrients to the body and promotes good health.
- Main sources of food are plants and animals.
- Exception salts and water does not come from plants and animals.
- Depending on food habits animals can be classified into herbivore, carnivore and omnivore.

Difficult words

Ingredients

Edible

Nector

Sprouted seeds

❖ Tick the correct answer -

(i) Honey bees are often seen sitting on flowers. Why do they do so?

- (a) They like flowers
- (b) They lay eggs on flowers
- (c) They suck nectar from flower
- (d) All of these

Ans - They suck nectar from flower

(ii) Which part of a mustard plant is edible?

- (a) Seeds and flowers
- (b) Leaves and flowers
- (c) Seeds and leaves
- (d) Stem and roots

Ans Seeds and leaves

(iii) Which one of the following set comprises only herbivorous animals?

- (a) Cow, goat, rabbit, deer
- (b) Cow, goat, rabbit, wolf
- (c) Wolf, goat, rabbit, deer
- (d) Cow, crow, crane, camel

Ans Cow, goat, rabbit, deer

(iv) Which of the following is a root vegetable ?

- (a) Potato
- (b) Carrot
- (c) Cucumber
- (d) Onion

Ans Carrot

(iv) Which of the following is a stem vegetable ?

- (a) Potato
- (b) Carrot
- (c) Spinach
- (d) Onion

Ans onion

❖ **Fill in the blanks**

1 Tiger is a **carnivore** because it eats only meat.

2 Deer eats only plant products and so is called **herbivore**.

3 Parrot eats only **plants** products.

4 The **milk** that we drink which comes from cows, buffaloes and goats in an animal products.

5 We get sugar from **sugarcane**.

❖ **Match the following**

(a) Milk, curd, paneer , ghee	(i) Eat other animals
(b) Spinach , cauliflower, carrot	(ii) Eat plants and plant products
(c) Lions, tigers	(iii) Are vegetables
(d) Herbivores	(iv) Are all animal product

Ans (a) -(iv)

(b) --(iii)

(c) -(i)

(d) -(ii)

❖ **Answer in one word**

Q 1- Define ingredients ?

Ans - Ingredients are substances that are combined to make a particular dish.

Q-2 What are the two common sources of food items?

Ans- Plants and animals.

Q -3 What items are used to prepare cooked rice?

Ans-. Raw rice and water.

Q-4 Do you find that all living beings need the same kind of food?

Ans- No, all living beings do not need same kind of food.

Q-5 What do you call the habit of an individual to eat a particular type of food items commonly?

Ans. Food habit.

Q -6 What is honey?

Ans. Sweet juice collected from flowers is called honey.

Q-7Name the three products each provided by plants and animals?

Ans- Plant products: Grains, cereals and vegetables.

Animal products: Milk, egg and meat.

❖ **Long type Answers**

Q -1 Why bees store nectar in their hives?

Ans- Flowers are not available throughout the year .So bees collect the nectar during flowering seasons to survive during cold months and also to feed their young ones.

Q 2. Suggest any three ways you can think of to avoid wastage of food

Ans. (i) Avoid leaving food .

(ii) “Eat to live” and not “live to eat” — excess eating should be avoided.

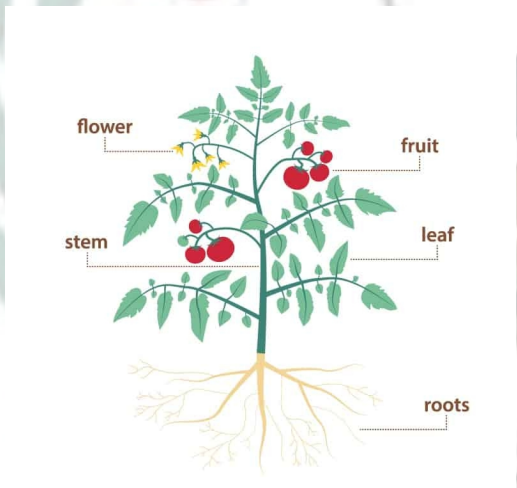
(iii) Raw food like pulses, grains should be stored properly.

Q -3 Differentiate between herbivores, carnivores and omnivores. Give two examples of each?

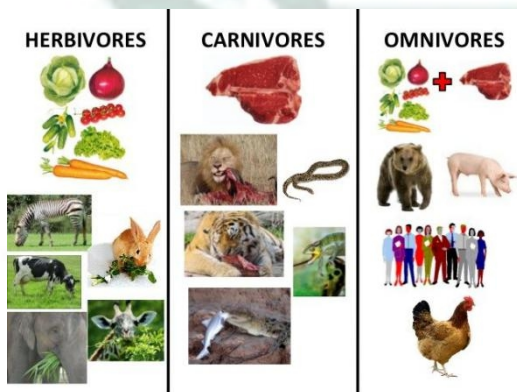
Herbivores	Carnivores	Omnivores
Animals which eat only plants, plants part or plants product are called herbivores. Example Cow, buffalo, sheep	Animals which eat other animals are called carnivores. Examples Lion ,tiger	Animals which eat both plants and animals are called omnivores. Example Dog, cat, human beings.

Activity

Draw and label the different parts of plants.



Paste the five pictures of herbivores,carnivores and omnivores



Ch-2

Components of Food

Difficult words

Components

Balanced diet

Roughage

Nutrients

Key points to remember

- The major nutrients in our food are carbohydrates, proteins, fats, vitamins and minerals. In addition, food also contains dietary fibres and water.
- Carbohydrates and fats mainly provide energy to our body.
- Proteins and minerals are needed for the growth and maintenance of our body.
- Vitamins help in protecting our body against disease.
- Deficiency of one or more nutrients in our food for a long time may cause certain diseases or disorder.

Write true or false

- (a) By eating rice alone, we can fulfill nutritional requirement of our body. **F**
- (b) Deficiency diseases can be prevented by eating a balanced diet. **T**
- (c) Balanced diet for the body should contain a variety of food items. **T**
- (d) Meat alone is sufficient to provide all nutrients to the body. **F**

Fill in the blanks:

- (a) **Rickets** is caused by deficiency of Vitamin D.
- (b) Deficiency of **Vitamin B1** causes a disease known as beri-beri.
- (c) Deficiency of Vitamin C causes a disease known as **Scurvy**.
- (d) Night blindness is caused due to deficiency of **Vitamin A** in our food.
- (e) **Vitamin D** the vitamin that our body prepares in the presence of sunlight.

Name the following:

- (a) The nutrients which mainly give energy to our body - **Carbohydrates and fats.**
- (b) The nutrients that are needed for the growth and maintenance of our body - **Proteins.**
- (c) A vitamin required for maintaining good eyesight - **Vitamin A.**
- (d) A mineral that is required for keeping our bones healthy - **Calcium.**

Answer in 1-2 sentences

Q-1 Do all meals consist of the same food items?

Ans: No, all meals do not have the same food item.

Q-2 People who eat sea-food do not suffer from Goitre. Why?

Ans: It is so because sea-food is a rich source of iodine and Goitre is a deficiency disease caused due to lack of iodine.

Q-3 What is the main function of roughage?

Ans: The main function of roughage is to help our body get rid of undigested food.

Q-4 Why should a meal have different food items?

Ans: A meal should have different food items because our body needs different kinds of nutrients for proper functioning.

Q-5 What is obesity?

Ans: When a person eats too much fat-containing foods, then the fat gets deposited in his body and he may end up suffering from a condition called obesity.

Answer in brief

Q-1 What is a balanced diet? Write the components of balanced diet.

Ans: A diet which provides the right proportion of all the nutrients that our body needs along with roughage and water is called balanced diet. The various components of balanced diet are carbohydrates, fats, proteins, vitamins, minerals, roughage and water.

Q-2 Write the functions of water in our body.

Ans: Water helps our body to absorb nutrients from the food. It also helps in removing the waste from the body in the form of urine and sweat.

Answer in details

Q-1 What are nutrients? Name major nutrients with examples?

Ans: The components of food which are needed by our body for growth and development are called nutrients. The major nutrients are:

- (i) Carbohydrates- Potato, wheat, rice
- (ii) Fats- Nuts, Eggs, milk, ghee
- (iii) Proteins - pulses, meat, paneer, milk
- (iv) Vitamins- Carrot, Guava, orange, chillies
- (v) Minerals- Banana, milk, spinach

Q-2 Name any 3 vitamins , there sources and deficiency disease caused by the them.

Vitamin	Sources	Deficiency disease
Vitamin A	Green leafy vegetables, fruits	Night blindness/loss of vision
Vitamin B1	Whole grains, eggs	Beri- Beri
Vitamin C	Citrus fruit, Peppers, strawberries	Scurvy
Vitamin D	Egg yolk, spinach, sunlight, mushrooms	Rickets

❖ Activity

Paste the pictures of carbohydrates, fats and proteins sources























carbohydrates

Fats



Protiens

 PUMPKIN SEEDS 24G PROTEIN	 PEANUT BUTTER 23G PROTEIN	 TAHINI 22G PROTEIN	 ALMONDS 21G PROTEIN	 PISTACHIOS 21G PROTEIN
 TOFU 20G PROTEIN	 FLAX SEEDS 18G PROTEIN	 OATS 17G PROTEIN	 SOY BEANS 17G PROTEIN	 WALNUTS 15G PROTEIN
 WHOLEMEAL BREAD 11G PROTEIN	 LENTILS 9G PROTEIN	 CHICK PEAS 9G PROTEIN	 KIDNEY BEANS 9G PROTEIN	 HUMMUS 7G PROTEIN
 GREEN PEAS 5G PROTEIN	 KALE 5G PROTEIN	 RED QUINOA 4G PROTEIN	 SPINACH 3G PROTEIN	 POTATOES 2G PROTEIN

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