

GOOD SHEPHERD CENTRAL SCHOOL BELAGAVI
CBSE AFFILIATION NO 830480
SCIENCE WORKSHEET CLASS 6TH 2023-2024

I. Choose the correct answer:

1. Food is necessary because a) it provides growth b) it provides energy c) it keeps us healthy d) all
2. Animal products are rich in a) proteins b) calcium c) minerals d) carbohydrates
3. Which of the following helps in conversion of nectar to honey? a) Human b) Butterfly c) Bee d) None
4. Which of the following plants store food in their roots a) Sweet potato b) Brinjal c) Guava d) None
5. Which of the following is herbivore? a) Camel b) Cat c) Dog d) Lion
6. Plant eating animal is termed as a) herbivores b) carnivores c) omnivores d) all of these
7. Which of the following food is not obtained from animals? a) Milk b) Maize c) Mutton d) Honey
8. Sprouted seeds give energy a) more than dry seeds b) less than dry seeds c) equal to dry seeds d) none
9. Potato and ginger are examples of a) roots b) leaves c) stems d) flowers
10. The first link of all food chain: a) herbivore b) carnivore c) plants d) omnivores
11. Which one of the following disease occurs in babies due to the deficiency of proteins as well as carbohydrates in diet? a) Marasmus b) Kwashiorkor c) Goitre d) Night blindness
12. Excess eating of fatty food makes a person. a) Marasmic b) Goitre c) Fatty d) Obese
13. One of the following items will show a positive starch test – a) Potato b) Wheat c) Rice d) Egg
14. Which of the following components of food is responsible for the growth and repair of our body?
a.) Carbohydrates b.) Vitamins and minerals c.) Proteins d.) Fats
15. What do Protective foods provide ? a.) Carbohydrates b.) Proteins c.) Vitamins and minerals d.) Fats
16. Which of the following solution is used for testing carbohydrates in food? a.) Caustic soda solution
b.) Iodine solution c.) Copper sulphate solution d.) None of mentioned above
17. A substance which is essential for maintaining life and growth is called ? a) nutrient b) starch c) scurvy
d) vitamin
18. Which is the food containing energy giving food a) Proteins b) Water c) Vitamins d) Fats & Carbohydrates
19. What is needed for the growth and repair of our body ? a) Proteins b) Water c) Vitamins d) Fats
20. Which foods contain 'body building foods' ? a) Water b) Proteins c) Vitamins d) Carbohydrates
21. What helps in protecting our body against diseases ? a) Proteins b) Water c) Vitamins d) Fats
22. What does Butter contains ? a) Proteins b) Water c) Fats d) Vitamins
23. What helps in throwing out some wastes from body as urine and sweat ? a) Proteins b) Carbohydrates c)
Water d) Vitamins
24. Oily patch paper test is done to determine the presence of which nutrient in food? a. Fats b. Proteins c.
Vitamins d. Carbohydrates
25. Iodine deficiency in the body causes which disease? a. Scurvy b. Goitre c. Beri beri d. Anaemia

II. Reading & Comprehending Skills- Read the following & answer the question

A. Sprouted seeds are easily digestible. Increases the vitamins and mineral content. Doubles the Vitamin A content. B complex vitamin increases 5-10 times more. Level of Vitamin C increases. The bioavailability of nutrients increases. Proteins are easily digestible. Cooking time is reduced. When seeds are soaked in water overnight and rinsed and wrapped in cloth the next day and left for one day, the seeds get sprouted, white thread like structures come out of seeds and these seeds are very nutritious. These seeds are rich in body building nutrient. Sprouted seeds contain more nutrients than the non-sprouted seeds. In the non-sprouted seeds, nutrients are stored in complex form while in the sprouted seeds all the complex nutrients are changed into the simplest form.

1. Sprouted seeds provide more nourishment than non –sprouted seeds. Give reason.

B. Reasons for falling sick may be that a person may have consumed junk food or street food which are not good for health. As street food may contain many harmful substances. Other reason may be the person's immunity level may be less. Food is necessary for humans as it helps in the growth, repairing damaged tissues and healing of wounds, and it also gives energy to do work. Food helps us to fight diseases and protects us from infections. This could be due to contaminated food. Often street food gets contaminated by pathogenic micro-organisms. The unhygienic condition of the shop attracts flies and helps pathogens to grow. Sometimes the utensils which are used for serving also get contaminated by pathogens. This invites some deadly and painful diseases like dysentery, cholera, diarrhea etc. A person may fall sick for not taking a balanced diet.

Q- Ankit falls sick very often. What could be the reason for his sickness?

- C. Soaked seeds in water form sprouts. These are rich in protein. When the seeds are boiled, the cell organelles of the seeds necessary for germination die or become inactive. Hence, the boiled seeds do not sprout.

Boiled seeds fail to sprout because boiling kills the cells that play an important role in the germination of the seed. Seeds lose their ability to germinate after boiling.

Q- Seema took boiled black gram seeds & wrapped them in a wet cloth for sprouting? Would those seeds sprout why?

- D. The requirement of nutrients differs from one individual to another. It depends on factors such as age, gender, health condition, and level of activity, of a person. For example a labourer needs more carbohydrates and fats as physical work is more. A growing child needs more proteins for growth of body. Green leafy vegetables provide required minerals and vitamins which makes the body immune to deficiency. Having a balanced diet because green vegetables are rich in proteins and chapattis are healthy as well as dal and curd is also rich in protein.

Q- Krishan goes to work by his cycle. He does a lot of physical work in the office. He takes 6 chapattis, green leafy vegetables, dal and curd with him for lunch. Do you think that Krishan is having a balanced diet why?

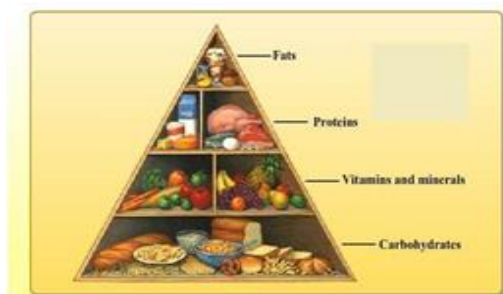
- E. Eating pulses every day is healthy for a growing child, and a growing child needs a lot of protein in their diet. Pulses like lentils, gram and pea are a good source of protein, it helps in the growth and repair of cells. A child's body is developing, and for that, they need material for the development of their body, so they need to eat food that is rich in protein. Protein is also known as the building block material.

Q- Sneha is 8 yrs old. Her mother makes sure that she eats pulses every day. Why?

- F. The serious ill effects of eating junk foods like Burger, Fries, etc. are the increase in body fat leading to obesity, acidity, digestive problems, fatigue, lack in the proper functioning of the brain, risk of heart and sugar diseases, etc. While spending excess time on screens may lead to health problems like weakening of eyesight, damaging of brain cells, loss of thinking, socializing, and memorizing skills, physical problems, etc. If a person takes in food that contains more calories than used up by the body, may become obese. Obesity is a condition in which the weight of a person is at least 10 percent more than normal weight and height.

Q- Rahul eats French fries, fried burgers, cakes and chocolates every day. He watches television and plays computer games for 2 to 3 hrs each day. What could be the ill effects on his health?

- G. A food pyramid is a diagrammatic representation of different groups of food in the form of a pyramid. It determines the relative proportion of foods from different groups that should be included to form a balanced diet. The healthy eating pyramid is divided into layers of differing sizes representing the five common food groups, from the base to upwards. Fruit and vegetables. Starchy foods, such as bread, cereals and potatoes. Proteins, such as meat, fish, eggs and beans. Milk and dairy foods. Fats and sugars. A typical **balanced diet for school children** should include the following:



Rice, chapattis, whole wheat bread or maize in each meal. Three servings of milk or equivalent amounts of curd, cheese, and other milk products in a day. Plenty of seasonal fruits and vegetables each day. Beans, peas, nut, eggs, small amounts of fish, and meat. A little fat (oil and butter). Six to eight glasses of fresh drinking water. Grain group is present at the base. Fruit and vegetable group forms the next level. Meat group is the third level of the food. Fats and sweets form the top level of the pyramid.

Q- The foods in the grain group are placed at the bottom of the pyramid. Why?

