



WORK SHEET 1 – SCIENCE Components of Food CLASS - 6

Name _____ Roll No. _____

Q A Fill in the blanks

- 1 _____ and _____ mainly provide energy to our body.
- 2 _____ help in protecting our body from diseases.
- 3 _____ is a component of food which do not provide any nutrtrion.
- 4 _____ and _____ are needed for growth and maintenance of body.
- 5 Deficiency of vitamin C causes _____
- 6 Sea food is a rich source of _____
- 7 Dietary fibres also known as _____
- 8 Deficiency of vitamin A causes _____
- 9 A solution of _____ and caustic soda is used to detect the presence of proteins.
- 10 Deficiency of Iodine causes _____

Q B Identify the Vitamins

- 11 Which vitamin helps in clotting of blood? _____
- 12 Which vitamin makes our bones and teeth strong? _____
- 13 Which vitamin keeps our skin healthy ? _____
- 14 Which vitamin helps in the formation of Red Blood Cell _____

Q C Write the food components which are related with the following deficiency diseases

- 15 Marasmus _____
- 16 Night blindness _____
- 17 Osteoporosis _____
- 18 Beri-Beri _____
- 19 Pellagra _____
- 20 Hemorrhage _____

WORK SHEET 2– SCIENCE

Sorting Materials into group

A Choose the appropriate answer

1 lustre is the property shown by

- a. All materials b metals only c) only liquids d) all solids

2 Compressible substances have intermolecular distance that are

- a. Very small b) large c) negligible d) very large

3 Good conductors of heat are the substance through which heat flows ,

- a. Very slowly b) very fast c) not at all d) get reflected

4 Opaque objects are those through which light

- a. Gets reflected b) gets obstructed c) passes through d) passes through partially

5 Density of a substance is defined as

- a. Mass contained in an object b) Volume of an object c) mass contained in unit volume d) volume of unit mass of substance .

B Fill in the blanks

1 Matter is defined as something that has _____ and occupies _____

2 In solids molecules are _____ packed.

3 Alcohol is highly _____ in water

4 Kitchen utensils are made from _____ because they are _____ conductors of heat.

5 _____ and _____ are the gases that do not dissolve in water .

6 _____ and -- _____ gases dissolve in water.

7 The smallest unit of a compound is _____.

8 Atoms are the smallest units of _____.

9 _____ is the scientist who discovered atoms.

C Name them

Transparent Materials _____, _____

Translucent materials _____, _____

Good conductor of electricity _____,

Lustrous material _____,

Immiscible liquids _____,

c) Numerical

1 If a body has a mass of 25 Kg and it occupies a space of 5 m^3 . Calculate the density of this body. 2 If a box has density of 55 kg/m^3 and has mass of 5 Kg . How much will be the volume of the box?

d) Give answer for the foll.

1 Are clouds transparent , translucent or opaque? Give reason to support your answer.

2 Why are cooking utensils not made from plastic?