

LUCKNOW PUBLIC SCHOOL
(A C.P. Singh foundation)

HOLIDAY HOMEWORK
SCIENCE
CLASS VI
SESSION 2020-21

Student's Name-

Class-

Sec-

CH- 1

FOOD: WHERE DOES IT COMES FROM?

Instructions:-

1. Students are required to take print out of the given holiday homework.
 2. It is compulsory to do all the questions.
 3. Holiday homework is to be done neatly in the space provided.
 4. Students have to submit the holiday homework on the first day as the school opens.
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Q1. State True (T) or false (F).

- a) Scavengers help to keep the environment clean. _____
- b) Tiger, giraffe and yak provide us milk. _____
- c) Honey is prepared by honey bees. _____
- d) Lizards eat insects. _____
- e) Tomato is a seed of a plant used as vegetable. _____
- f) Sprouted grains give more energy compared to normal grains. _____

Q2. Fill in the blanks.

- a) The -----of the lotus flower is consumed as food.
- b) -----is used to produce sugar.
- c) _____ is a non-green plant that we consume as food.
- d) _____ and _____ are the two common sources of most of the ingredients of food items that we eat.
- e) We generally eat -----from most of the plants.

Q3. Differentiate among the following: - (3 points each)

- a) Herbivores and Carnivores
- b) Carnivores and Omnivores

HERBIVORES	CARNIVORES

CARNIVORES	OMNIVORES

Q4. Multiple choice questions:-

1. Which of the following food stuffs are rich in sugar ?
 - a) Honey
 - b) Eggs
 - c) Ghee
 - d) Fish

2. Which of the following is not a milk product?
 - a) Ghee
 - b) Butter
 - c) Curd
 - d) Honey

3. Name the plant in which 2 parts are edible-

- a) Rice
- b) Brinjal
- c) Apple
- d) Mustard

4. Which is the main source of milk, ghee and eggs?

- a) Animal
- b) Plant
- c) Water bodies
- d) All of the above

5. Which of the following eat both plants and animals?

- a) Carnivores
- b) Omnivores
- c) Herbivores
- d) Autotrophs

Q5. Why is India facing food problem today? How can it be solved?

Q6. Mention the advantage of sprouts over seeds.

Q7. Why is it essential to have variety in your diet?

Q8. What is sprouting? Write the process of sprouting. Perform the activity of sprouting at home and paste the picture of your sprouted seeds in the space given below.

Q9. One word answers.

a) What is the main ingredient of roti ?

b) What part of sugarcane plant is edible?

c) What is the main ingredient of biryani?

d) Name a seed which can be sprouted?

e) What are the plant eating animals called?

CH- 2
COMPONENTS OF FOOD

Q1. Correct the following statements and write again:-

a) Milk does not provide dietary fibre.

b) Fats provide less energy as compared to the same amount of carbohydrates.

c) Rice and potato are rich in protein.

d) Peas, gram, soya beans and cottage cheese are good source of vitamins.

e) A food item contain only one nutrient.

Q2. Fill in the blanks.

- a) _____ and _____ mainly provide energy to our body.
- b) A _____ can prevent deficiency disease.
- c) Too much fat in the diet may lead to _____.
- d) _____ helps our body to absorb nutrients from food.
- e) _____ gets easily destroyed by heat during cooking.
- f) _____ helps in clotting of blood.
- g) Deficiency of Vitamin D causes _____.
- h) Deficiency of vitamin-C causes _____.
- i) _____ makes up about 70% of our body weight.
- j) Cooking in too much water destroys _____ in food.
- k) _____ is important for proper functioning of the digestive system.
- l) Spinach is rich in _____.
- m) An oily patch on paper shows that food item contains _____.
- n) Minerals are needed in our body in _____ amount.
- o) Dietary fibres are also known as _____.

Q3.A 12 year old boy loves to eat the food in the picture given below. State if it is a balanced diet or not. Draw a balanced diet platter for him.



Q4. Why it is advised to drink at least 8-9 glasses of water a day?

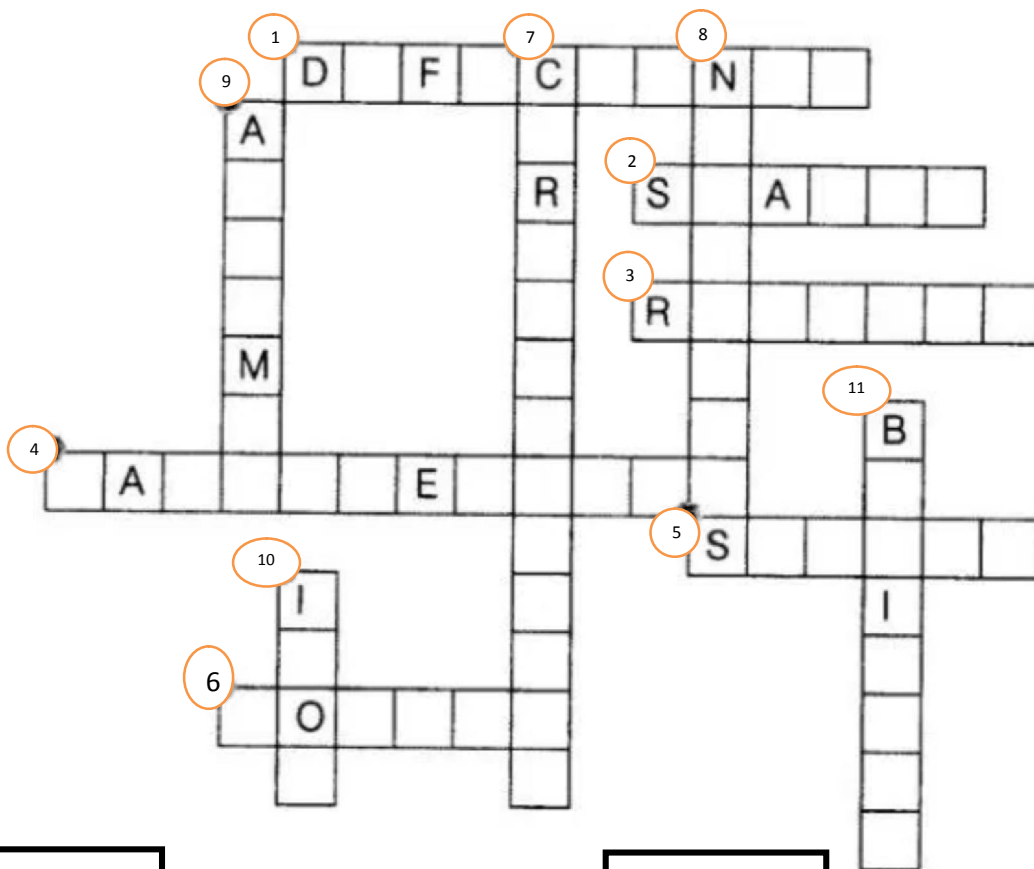
Q5. If a person has symptoms like swelling in the neck region, weakness, fatigue, weight gain, which disease he is suffering from and what nutrient is deficient in his diet?

Q6. Name the nutrient/nutrients present in the food item:-

- a) Gooseberry - -----
- b) Fish- -----
- c) Iodised salt- -----
- d) Bread - -----

- e) Carrot-
- f) Broccoli-
- g) Nuts-
- h) Green leafy vegetables-
- i) Milk-
- j) Ice- cream-

Q7. Solve the crossword:-



ACROSS

- 1. Lack of nutrients in our diet over a long period causes these diseases.(10)
- 2. Rice and potato are rich in this type of carbohydrate. (6)
- 3. Deficiency disease in bones making it becomes soft and bent. (7)
- 4. The diet that provides all the nutrients that our body needs in right quantities along with adequate amount of roughage and water. (8, 4)
- 5. Deficiency disease with bleeding gums. (6)
- 6. Disease caused due to the deficiency of iodine.

DOWN

- 7. Starch and sugar in our food are rich in this type of energy giving nutrient. (13)
- 8. The term given to the useful components of food. (9)
- 9. The disease caused by deficiency of iron in diet. (7)
- 10. Green leafy vegetables and apples are rich in this mineral. (4)
- 11. Deficiency disease caused due to the lack of vitamin-B1 in the diet. (8)

Q8. Arrange the following jumbled words-

- a) IERNASLM -
- b) IAINSMV -
- c) BOACRSHAEDRTY -
- d) AFTS -
- e) HOAGUGRE -
- f) ARTWE -
- g) TREPION -

CH- 4
SORTING MATERIALS INTO GROUPS

Q1. Give reason-

- a) Iron objects lose their lustre when exposed to air.
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.....
- b) Cooking utensils made of metal but their handles of wood or special plastic.
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.....
- c) An iron nail sinks in water but a piece of wood floats on water.
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.....
- d) Electric wires are made up of copper or aluminium.
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- e) Mercury is used in making thermometers.
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.....
- f) Shopkeepers keep biscuits, candies in glass containers.
.....
.....

g) Packet of chips is filled with nitrogen gas.

h) Carbon dioxide gas is used in fire extinguishers.

i) When a substance is added to water, it disappears.

Q2. Fill the following table on the basis of their properties :- (put a dash in the column where neither of the properties fit in)

Name of the material	Appearance (lustrous/non-lustrous)	Compressibility (hard/soft)	Floats/ sinks in water	Soluble/insoluble in water
Sugar crystals				
Chalk stick				
Saw dust				
Honey				
Copper sulphate				
Vaseline (petroleum Jelly)				
Milk				
Cotton ball				
Wool strands				
Glass				
Mustard oil				
Wheat flour				

Q3. Arrange the following:-

a) In increasing degree of hardness – candle wax, cotton ball, iron, wood

b) In increasing degree of solubility- salt, sugar, oil, vinegar

c) Increasing degree of transparency- air, glass, frozen glass, door

Q4. Define:-

a) solute

b) solvent

c) solution

d) saturated solution

e) Unsaturated solution

Q5. How is solubility of oxygen and carbon dioxide in water useful to us? (1 use each)

Q6. On paheli's birthday her grandma gifted her 2 sets of jewellerys, one was an old dull silver earrings and another lustrous gold earrings. She was surprised to see the difference between the appearances of 2 metals. Can you explain the reason for this difference?

Q7 Bujho was happy as he was going to New York in his summer holidays. When guide told him about the greenish blue colour of statue of liberty which was earlier golden brown, he was confused why the colour of the statue changed on its own. Can you help Bujho to find out the answer?

Q8. Who am I?

a) I am nearly white in colour, lustrous, soft and an excellent conductor of heat and electricity. Who am I?

b) I am colourless liquid generally used in hand sanitizers as disinfectant. Who am I?

c) I am silvery white in colour and the only metal which is liquid at room temperature. Who am I?

d) I am lustrous and the hardest naturally occurring non-metal generally used in jewellery. Who am I?
