

**ASSIGNMENT - SCIENCE**

**CLASS – VI , CHAPTER – 1**

**Food : Where Does It Come From?**

**Key Words :-**

- a. **Ingredients** - Materials needed to prepare a dish or any food item. For ex. – potato , bread and salt (toast).
- b. **Food** - Food is any substance consumed to provide nutritional support for an organism.
- c. **Autotrophs** – Those organisms which can make food themselves from simple substances like carbon dioxide and water by the process of photosynthesis, are called autotrophs. For ex. Green plants.
- d. **Apiculture** – Rearing of honey bees on large scale is called apiculture.
- e. **Edible Part** – Eatables parts of a plant is called edible parts. For Ex. Fruits.
- f. **Nectar** – Sweet juices of flowers.
- g. **Sprouted seeds** – Small white structure grows out of the seeds. These seeds are called sprouted seeds.
- h. **Food Habit.** - Inclination to eat particular type of food is called food habit.
- i. **Recipe** - The process to make food item is called recipe.
- j. **Herbivores** - Those animals which eat only plants or plants products are called herbivores.  
For ex. Goat. Cow
- k. **Carnivores** - Those animals which eat only flesh of other animals as food are called carnivores. For ex. - Tiger , Lion
- l. **Omnivores** - Those animals which eat both plants and animals are called omnivores. For  
ex. – Human Being.

**1 Mark Questions:-**

1. From where do humans obtain their food?  
Humans obtain their food from plants and animals .
2. Flowers of which plants are used as vegetables?  
Flowers of pumpkin plant are used as vegetables.
3. Mention a plant whose seeds and leaves are useful for us.  
Seeds of fenugreek plants are used as spices and leaves as vegetable . (Methi)
4. What is the food of honey bee?  
The honey bee feeds on pollen grains (pollens) and nectar of flowers.
5. How does honey bee help farmers while collecting its food?  
Honey bee visits the flowers and it brings about pollination while collecting its food.
6. What are the nutritive constituents of honey?  
Honey is rich in sugars , enzymes and minerals.
7. Write different parts of banana plant that are used as food.  
  
The edible parts of Banana are – Flowers , Leaves and stem.

### 2 Marks Questions:-

8. Name two ingredients in our food that are not obtained from plants and animals.  
  
Salt and water is not obtained from plants and animals. Salt is obtained from rocks and oceans. Water is obtained from water sources and rain.
9. Why should we avoid wastage of food?  
We should avoid wastage of food because :-
  - a. There are many people , who do not get sufficient food.
  - b. Some people do not have enough money to buy food.
10. If you are given Moong dal grains , How will you make the sprouts from them?
  - a. We will soak a handful of moong dal in water overnight.
  - b. Next day we will drain out water and wrap seeds in wet cotton cloth for one more day.
  - c. Third day , the seeds will show sprouts which are edible and good source of proteins and minerals.
11. Identify the major ingredients of pizza. Which of the ingredients come from plants and which from animals?  
Ingredients of pizza are maida , butter , cheese and vegetables.

- a. Maida and vegetables obtained from plants.
- b. Butter and cheese are animal products.

12. Why do the food culture in different regions of our country is different?

People living in different regions of our country use different methods of cooking food depending upon the availability of food products. For ex. –

- a. In Northern India wheat is grown so people eat chapatti as a staple food .
- b. In South India , people are rice eaters because rice is produced there in large quantity.

13. Differentiate between Food and Ingredients.

Food – Food is any substance consumed to provide nutritional support for an organisms.

Ingredients – Materials needed to prepare a dish or any food item. For ex. – potato , bread and salt (toast)

14. What is honey ? Why it is so important?

A sweet substance (liquid ) prepared by honey bees from the nectar is called honey.

Honey is very nutritious and has medicinal value.

15. Why do honey bee store nectar?

Flowers and their nectar may be available only for a part of the year . So bees store this nectar for their use all through the year.

16. Name a plant which has more than one edible parts.

A plant which has two edible parts is mustard.

- a. Seeds of mustard plants give us oil.
- b. Leaves of mustard plants are used as vegetable.

17. How honey is produced?

Honey is produced by Honey Bees. Bees collect nectar ( sweet Juices) from flowers , convert it into honey and store it in their hive.

18 . We should not try to test unknown plants. Why?

We should not try to test unknown plants because some plants could be poisonous.

### 3 Marks Questions:-

19. Categorized the animals on the basis of their food habit.

On the basis of food habits plants can be categorized as:

- a. Herbivores - Those animals which eat only plants or plants products are called herbivores.  
For ex. Cow
- b. Carnivores - Those animals which eat only flesh of other animals as food are called carnivores. For ex. Lion.

- c. **Omnivores - Those animals which eat both plants and animals are called omnivores. For ex. Human Being.**

**20. What a Frog , Butterfly , Rat , Elephant , may be eating as their food?**

- d. a. Frog - Insects and Worms
- e. b. Butterfly – Nectar from flowers
- f. c. Rat – Grains , paper and clothes
- g. d. Elephant – Grass and green plants

**21. Why should we eat cooked food?**

**We should eat cooked food because :**

- a. **Cooking improves the taste of the food.**
- b. **Cooked food can be easily digested.**
- c. **Cooking kill harmful germs.**

**22. Why do organisms need food?**

**Food is needed by organisms for the following reasons:-**

- a. **Food provide us energy to perform various functions of body to sustain life.**
- b. **Food help us to protect the body against various diseases and infections.**
- c. **Food helps in proper growth and development of our body.**
- d. **It helps to repair the damaged parts of the body.**

**ASSIGNMENT - SCIENCE**

**CLASS – VI , CHAPTER – 2**

**COMPONENTS OF FOOD**

**Key Words :-**

- a. **Balanced Diet** - A diet that contain all the nutrients in adequate amount along with water and roughage is called balanced diet.
- b. **Roughage** – Roughage is the fibrous matter in food which cannot be digested , but is essential for body. Fore ex. Whole grains and pulses.
- c. **Obesity** - Excessive intake of fats leads to a condition called obesity.
- d. **Nutrients** - The components that are needed by our body are called nutrients. The major nutrient in our food are named carbohydrates , proteins , fats , vitamins and minerals.
- e. **Diseases** – A diseases is a state in which body or part of it , is no longer in a healthy condition.
- f. **Deficiency diseases** – Diseases that occur due to lack of nutrients over a long period are called deficiency diseases. For Ex – Scurvy.

**1 Mark Questions:-**

- 1. Which vitamin represent a group of vitamins?  
Vitamin – B complex.
- 2. Do people of all ages and different professional backgrounds need same type of diet.  
No , the people of all ages and different professions require different types of nutrients according to their physical work.
- 3. Riboflavin is the scientific name of which vitamin?  
Vitamin - B2 is riboflavin.
- 4. A vitamin which is prepared in our body using in the presence of sunlight. Name it.  
Vitamin D is prepared in our body using in the presence of sunlight.
- 5. Name the water soluble vitamins.  
Vitamin B- Complex and Vitamin –C.
- 6. Name the components of food which is essential for our body but has no nutritional value.  
Roughage is the fibrous matter in food which cannot be digested , but is essential for body.

7. Will the diet of a person working in an office on computer different from construction labour?

Yes the labour needs more energy giving food like carbohydrates and fats.

8. Name the simplest form in which carbohydrates breakdown in the body.

Glucose is the simplest form of carbohydrates.

9. Blood clotting is function of which nutrients.

Vitamin – K and calcium both help in clotting of blood.

10. Name the disease caused by the deficiency of vitamin – C.

Scurvy is the disease caused by the deficiency of vitamin – C.

11. Write the main cause of the disease called 'goitre'.

Goitre diseases mainly caused by deficiency of iodine.

12. What is the role of carbohydrates in our body?

Carbohydrates mainly provide energy to our body.

13. Which vitamin is destroyed by heat?

Vitamin – C is easily destroyed by heat during the cooking of food.

14. Give examples of body – building food.

Sources of body – building food (Protein ) are – Pulses , Soyabeans , Milk , Eggs.

### 2 Marks Questions:-

15. Why are proteins called building blocks of our body ?

Proteins are called building blocks of our body because it helps in maintenance of cells and tissues of our body and support growth.

16. Enlist the problems which occur due to lack of proteins.

Swelling of face , discolouration of hair , skin diseases and diarrhoea.

**17. Name two sources of animal fats. From where are they derived?**

The two sources of animal fats are – Meat and cheese

- i) Meat from different animals like hens, pigs etc.
- ii) Cheese from milk produced by cows.

**18. What are protective food? Why are they called so?**

Vitamins and Minerals are called protective food . They are called so , because they protect us from various diseases.

**19. What happens if iodine is not incorporated with our diet?**

If iodine is not incorporated in our diet then it will cause swelling of thyroid gland present in the neck. This condition is known as goiter.

**20. List the major sources and importance of the following minerals:**

- a. Calcium
- b. Iron

**Calcium –** The main sources of calcium are milk, cheese, eggs and green vegetables.

- It helps in formation of bone, teeth and blood clotting.

**Iron –** Iron is found in green vegetables and fresh fruits.

- Iron is needed to make haemoglobin present in red blood cells which carry oxygen from the lungs to the body parts.

**21. Roughage does not provide any nutrient , yet it is an important component of food . Explain.**

Roughage does not provide any nutrient , yet it is an important component of food and adds to its bulk. This helps our body get rid of undigested food.

**22. Why one food contains fats and carbohydrates are called energy giving food?**

Food contains fats and carbohydrates are called energy giving food because they mainly provide energy to our body.

**23. Why are minerals needed by our body?**

Minerals are needed by our body in small amounts. Each one is essential for proper growth of body and to maintain good health.

24. How can we test the presence of starch in a given food item?

- a. Take a small amount of food ingredient like Potato.
- b. Put 2-3 drops of dilute iodine solution on it.
- c. If it turns blue-black , then it contains starch.
- d. This confirms the presence of starch in the food item.

25 . How can we test the presence of fats in a given food item?

- a. Take a small amount of food item like butter , almonds etc.
  - b. Put it on the brown paper, then rub over it. Hold this paper towards a source of light.
  - c. A bright , greasy or translucent patch is seen on the paper.
  - d. This confirms the presence of fats in the food item.
- rub over it. Hold this paper towards a source of light.

26. What is tincture iodine?

Tincture of iodine or weak iodine solution is an antiseptic. Tincture solution are characterized by the presence of alcohol.

**3 Marks Questions:-**

27. List the major sources and importance of the following vitamins:

- a. Vitamin A
- b. Vitamin B1
- c. Vitamin C
- b. Vitamin D

Vitamin	Sources	Importance
Vitamin A	Carrot , Papaya , Fish oil	Keeps our skin and eyes healthy.
Vitamin D	Milk , egg , Fish , Liver	Help our body to use calcium for bones and teeth.
Vitamin B1	Liver , Cereals , Cheese	Keep our Nerves , Muscles and cells healthy.
Vitamin C	Orange , Lemon , Amla	Helps body to fight against diseases. (Immunity )

**28. Why does our body need proteins?**

Proteins are needed for :-

- a. Growth and repair of our body.
- b. Muscles building
- c. Repairing worn out tissues.
- d. To make blood cells.

**29. Water does not provide nutrients , yet it is an important component of food . Explain.**

Water does not provide nutrients , yet it is an important component of food because :-

- a. To transport digested food to body cells.
- b. To absorb nutrients from the food.
- c. To get rid of waste products from the body .
- d. To control and regulate the body temperature.

**30. What is the role of fats in our body?**

Fats are needed to :-

- a. Protect our delicate organs.
- b. Insulate our body against cold.
- c. Add flavor to the food.

**31. What is balanced diet? What does it ensures?**

A diet that contain all the nutrients in adequate amount along with water and roughage is called balanced diet.

Balanced diet ensures :-

- a. A normal mental and physical growth.
- b. An increased level of working ability.
- c. An increased level of resistance against diseases.

**32. What are the correct methods of cooking?**

The correct methods of cooking are :-

- a. Vegetables and fruits should be washed before cutting.
- b. Don't use excess of water during cooking.
- c. Don't overcook the food.
- d. Don't do repeated washing of rice and pulses.

**33. What is the role of roughage ( Dietary Fibres) in our body?**

Roughage is needed to :-

- a. Help in retaining water.
- b. Reduce acidity.
- c. Get rid of undigested food.

- d. prevent constipation.
- e. Ensures proper bowel movement.

**34. . How can we test the presence of proteins in a given food item?**

- a. Take a small amount of food item like pulses in the form of paste or powder.
- b. Put some paste or powder in a clean test tube , add few drops of water to it.
- c. Add a few drops of copper sulphate solution to it.
- d. Add a few drops of sodium hydroxide solution.
- e. If the solution become purple , it shows the presence of proteins.

**35. How can we prepare dilute solution of**

- a. Iodine
- b. Copper sulphate
- c. Caustic Soda

a. Iodine – A dilute solution of iodine can be prepared by adding a few drops of tincture iodine to a test tube half filled with water.

b. . Copper sulphate- A dilute solution of copper sulphate can be prepared by dissolving 2 gram of Copper sulphate in 100 ml. of water.

c. Caustic Soda- A dilute solution of Caustic Soda can be prepared by dissolving 10 gram of Caustic Soda in 100 ml. of water.

**Assignment – Science**

## Chapter – 3 , Fibre To Fabric

### Key Words:-

**Fabrics -** Fabrics mean a woven material , textile or other materials resembling woven cloth.

**Fibre-**The thin strands of thread that are made up of still thinner strands called fibres.

**Natural Fibre -** The fibres obtained from plants and animals are called natural fibres. For ex. – silk from cocoon of silkworm.

**Synthetic Fibres -** The fibres which are made from chemical substances or which are not obtained from the plant and animal sources are called synthetic fibres. For Ex. – Polyester , Nylon.

**Ginning -** The process of separating fibres from the seeds of cotton is called ginning of cotton.

**Spinning –** The process of making yarns from fibres is called spinning.

**Weaving –** The process of arranging two sets of yarns together to make a fabric is called weaving.

**Knitting -** The process in which a single yarn is used to make a piece of fabric is called knitting.

### 1 Mark Questions:-

1. What are yarns made of?

Yarns are made up of thin strands called fibres.

2. How many types of fibres are?

There are two types of fibres:

- a. Natural Fibres
- b. Synthetic Fibres

3. Name two natural and two synthetic fibres.

Natural Fibres - Cotton , Jute

Synthetic Fibres – Polyester , Nylon

4. Name the material which is used for making wicks for oil lamps.

Cotton wool is used for making wicks for oil lamps.

5. What are fruits of cotton plants called?

Fruits of cotton plants are called cotton balls.

6. What type of soil is used to grow cotton plants?

Black soil is used to grow cotton plants.

7. What is jute?

Jute is a fibre obtained from the stem of a jute plant.

8. Name the states where jute plants are mainly grown in India.

West Bengal , Bihar and Assam

9. Name two hand- operated devices used for spinning.

Hand- operated devices used for spinning are takli and charka.

10. Name the process used to prepare fabrics from yarn.

The processes used to prepare fabrics from yarn are weaving and knitting.

11. Where were the cotton and flax plants cultivated in ancient Egypt?

Cotton and flax plants cultivated near the river Nile in ancient Egypt.

12. What is Flax?

Flax is a plant that give natural fibres.

### 2 Marks Questions:-

13. What are looms?

The devices on which weaving of fabrics taken place are called looms. The looms are either hand operated or power operated.

14. What were the materials used by people in ancient times in place of clothes?

People in ancient times used the bark and big leaves of trees or animal skin and furs in place of clothes.

15. Why do we get the smell of hair burn when we burn wool.

Wool is obtained from the fleece (hair) of Sheep , Goat , Yak etc. This is the reason why burning of wool resembles the burning of hair.

16. Enlist some uses of cotton wool.

The cotton wool is also used for filling mattresses , making wicks for oil lamps , quilts or pillows.

### 3 Marks Questions:-

17. Describe the process of the formation of yarn from cotton wool.

The cotton wool is obtained from cotton plants. The fruits of cotton plants are called cotton bolls. After maturing , the cotton bolls burst open . From the cotton bolls cotton fibres are picked by hands . Fibres are then separated from the seeds by combing. This process is called ginning of cotton. It is done by hand or by machines. These fibres are then converted into yarn.

**18. List the steps involved in the preparation of fabric.**

**Steps involved in the preparation of fabric are :-**

- a. Obtaining Fibre (Natural or Synthetic)**
- b. Preparation of yarn from fibres by spinning.**
- c. Preparation of fabrics from yarn by weaving or knitting.**

**19. Explain how jute is obtained from the jute plants.**

**The Jute plant is normally harvested at flowering stage. The stems of harvested plants are bundled and immersed in water for 10 to 15 days. The stems rot (retting ) and fibres are separated by hands. These fibres are converted into yarns to make fabrics.**

**20. What happened when people began to settle in agricultural communities?**

**When people began to settle in agricultural communities then they learn to weave twigs and grass into mats and baskets. Animal fleece or hair were twisted together into long strands. These strands were woven into fabrics.**

## Assignment – Science

### Chapter – 4 , Sorting Materials into Groups

#### Key Words :-

**Matter :-** Anything which has mass and occupies space is called matter.

**Material :-** The matter of which an object is made is called material.

**Soft materials :-** Materials which can be compressed or scratched easily are called soft material.

For ex. – Sponge.

**Hard materials :-** Materials which are difficult to compressed or scratched are called hard material.

For ex. – Iron.

**Soluble materials :-** Materials which completely dissolve or disappear in water are called soluble material. For ex. – Sugar

**Insoluble Material :-** Materials which do not dissolve or disappear in water are called insoluble material. For ex. – Sand.

**Floating Materials :-** Materials that float to the surface of water are called floating materials. For ex. – dried leaves .

**Sinking Materials :-** Heavy materials that sink easily to the bottom of the tumbler are called sinking materials. For ex. – Stone.

**Transparent Materials :-** The substances or materials through which an object can be seen clearly and which allow light to pass through them are called transparent materials. For ex. – Glass and water .

**Translucent Materials :-** The substances or materials through which an object can be seen but not clearly and which allow light to pass through them partially are called translucent materials .

For ex.- Oil paper.

**Opaque Materials :-** The substances or materials through which an object cannot be seen and which do not allow light to pass through them are called opaque materials . For ex. – Cardboard , metals

#### 1 Mark Questions:-

1. What is the basis for sorting materials?  
Materials are grouped on the basis of similarities or dissimilarities in their properties.
2. What is common between salt and sand.  
Salt and sand both have mass and are in solid state.

3. List three liquids which are transparent.  
Water , Alcohol , and Acetone / Benzene
4. Which is more hard , Sponge or iron?  
Iron is harder than sponge.
5. Write two gases which are soluble in water.  
Oxygen and Carbon dioxide.
6. Write two gases which are insoluble in water.  
Hydrogen and Nitrogen.
7. Name two objects which are made from opaque materials.  
Wooden doors , Blackboard , Steel Plate.
8. Why is water called a universal solvent?  
Water dissolve a large number of substances in it.
9. Name two objects which are made from leather.  
Belt and shoes are made from leather.

**2 Marks Questions:-**

10. Write any four properties of materials.
  - a. Appearance
  - b. Hardness
  - c. Solubility
  - d. Transparency
11. Why is a tumbler not made with a piece of cloth?  
We use tumblers made of glass , plastic and metal to keep a liquid. These substances can hold a liquid. A tumbler made of cloth cannot hold a liquid because cloth piece has very minute pores through which the liquid comes out.
12. What are the similarities between iron , copper and aluminium?  
Similarities between iron , copper and aluminium are:-
  - a. They all have luster.
  - b. They are all metals.
  - c. They are hard.

13. Why is water important for our body?

- a. Water can dissolve a large number of substances , so it is needed by the body .
- b. Water is a major part of our body cell.

14. What is the reason for grouping materials?

Materials are grouped for

- a. Convenience to study their properties .
- b. To describe their properties.
- c. To observe any pattern in their properties.

15. Why do metal articles become dull and loose their shine?

Metals when exposed to air react with moisture and gases present in it, thereby forming a dull layer of some other compound on it. That's why metal articles become dull and loose their shine.

16. Kerosene , Mustard oil form two different layers when dissolve in water , Why.

The molecules of water do not mix with the molecules of oil. The space between the molecules of water is not taken by oil, so they are immiscible in water.

17. Why do a shopkeeper prefers to keep biscuits and sweets in a glass or plastic container?

Due to transparent nature of glass or plastic container , biscuits , sweets etc. can be seen easily by buyers , so shopkeeper prefers to keep biscuits and sweets in a glass or plastic container.

3 Marks Questions:-

18. Name the following:-

- a. Naturally occurring hardest substance. - Diamond
- b. Metal that exist in liquid state. - Mercury
- c. Metal that is soft and can be cut with knife. – Sodium and Potassium
- d. A non- metal that has lustre. – Iodine

19. Grouping of objects helps the shopkeeper : justify the statement.

Proper grouping of objects helps shopkeeper in the following ways:

- a. To locate the required object easily and quickly.
- b. Easily come to know what stocks are going to finish.
- c. Saves time and energy.

20. Write an experiment to show that our palm is translucent.

Cover the glass of a torch with your palm at a dark place. Switch on the torch and observe from the other side of palm. We see that light of torch passes through palm but not clearly. This experiment shows that our palm is translucent.

21. Why do you think oxygen dissolved in water is important for the survival of aquatic animals and plants.

Oxygen gas dissolved in water, i.e. oxygen gas is soluble in water. The plants and animals which live in water use the oxygen dissolved in water for respiration. Thus, oxygen gas dissolved in water is very important for the survival of animals and plants that live in water.

22. List some materials that are used for making more than one type of an object.

Materials that are used for making more than one type of an object are :-

Wood – Chair, Table, Plough, Wheels.

Paper – Books, Notebooks, Newspaper

Leather – Shoes, Belts, Wallets

Plastic – Buckets, Lunch boxes, Toys and pipes.

23. Why are handles of utensils made from wood or plastics?

The handles of utensils are made from wood or plastics because wood and plastics are bad conductors of heat. They do not allow the heat transmission through them. So that our hand does not burn while handling these utensils when they are hot.

24. Enlist three common characteristics of materials.

The three common characteristics of materials are :-

- a. All materials occupy space.
- b. All materials possess mass.
- c. All materials can be felt by one or more of our sense organs.

19. Why do we separate substances?

- a. To separate two different but useful components. For ex. – Churning milk to obtain butter.
- b. To remove non-useful components. For ex. – Separates tea leaves.
- c. To remove impurities or harmful components. Separate stones from rice.

