

CLASS-6 SCIENCE TERM - 1

REVISION ASSIGNMENT

CHAPTER-FOOD WHERE DOES IT COME FROM?

- Q1) Why does an organism need food?
- Q2) Why is glucose given to sportspersons?
- Q3) Why do we cook food?
- Q4) Why is it necessary to drink about 1.5 litres of water everyday?
- Q5) Why water is needed for our body?
- Q6) What are the sources of food?
- Q7) Name the food products obtained from animals?
- Q8) Name some animals which give us milk?
- Q9) Name any two products that can be made from milk?
- Q10) Which parts of a mustard and banana plants are edible?
- Q11) List the various edible parts of the plants, mention some examples also.

STEM-

LEAF-

FLOWER

FRUIT

SEED

- Q12) Classify the following as herbivore, carnivore or omnivore.

cows, goats, horses, crow, human being, cockroach, giraffes, parrot, squirrel  
crocodile, shark, tigers, snake, bears,

- Q13) Where does honey come from?



Q14) Mention the source of food as plant or animal, for the following food items.

- a)Chicken-      b)rice-      c)onion-      d)oil-  
e) sugar-      f)milk-      g)egg-      f)wheat flour-

Q15) What are sprouted seeds?

Q16) Write the ingredients and sources (plant or animal) for the given food items?

FOOD ITEM	INGREDIENTS	SOURCE
1. Potato curry		
2. oil/ghee		
3. spices		



BAL BHARATI PUBLIC SCHOOL, PITAMPURA

2013-2014

CLASS-6<sup>TH</sup>, SCIENCE, TERM - 1

CHAPTER-COMPONENTS OF FOOD

Q1) What are nutrients?

Q2) Name the various nutrients needed by human body.

Q3) Apart from these nutrients, what are the other components of food?

Q4) What are energy giving foods? Give 2 examples.

Q5) Which chemical reagent will we use to test the following food items: bread, pea nuts, soyabean, paneer, banana, boiled rice, pulse, potato.

1.	Bread ,banana, boiled rice ,potato	
2.	Soyabean, paneer	
3.	Pea nuts	

Q6) Name two types of carbohydrates present in food?

Q7) What are body building food? Give example.

Q8) Name 2 sources of plant proteins and animal proteins.

a) plant protein-

b) animals protein-

Q9) What is the function of fats in our body? Name any three sources of fats?

Q10) What are vitamins?

Q11) Name 4 important vitamins required for overall good health.



Q12) Mention the source and functions of the following vitamins.

vitamin	sources	functions
A		
B		
C		
D		

Q13) Which vitamin helps in absorption of calcium required for healthy bones?

Q14) Why do we need to include minerals in our food?

Q15) Mention the sources and functions of following minerals

minerals	sources	functions
Iron		
Calcium		
iodine		

Q16) Define roughage.

Q17) Why is roughage considered to be an important component of our food?

Q18) Name 3 important sources of roughage?

Q19) What is meant by dehydration? How is it caused?

Q20) What is a balanced diet?

Q21) State two beneficial effects of cooking food.

Q22) Name two cooking practices that lead to the loss of nutrients in food materials.

Q23) What is obesity? What are the causes of obesity?

Q24) Mention some of the methods for maintaining good health.

Q25) Who needs more proteins in his or her diet in relation to body weight: a growing child or grown up man? Why?

Q26) A person cannot see well in the dark. Due to which vitamin deficiency, he is suffering from? How it can be cured?

