

INTERNATIONAL INDIAN SCHOOL - DAMMAM
CLASS VI SCIENCE WORKSHEET (2017 -18)
LESSON 2: COMPONENTS OF FOOD

I. CHOOSE THE CORRECT ANSWER

1. The vitamin which keep our eyes and skin healthy is
a) Vitamin D b) vitamin C c) vitamin A d) none of these
2. The vitamin that is produced in our body in the presence of sunlight
a) Vitamin A b) vitamin B c) vitamin C d) vitamin D
3. The vitamin which helps our body to use calcium for bones and teeth
a) Vitamin C b) vitamin B1 c) vitamin E d) vitamin D
4. The vitamin which is easily destroyed by heat during cooking
a) Vitamin A b) vitamin B1 c) vitamin C d) vitamin D
5. Anaemia occurs due to the deficiency of
a) Calcium b) iron c) phosphorus d) iodine

II. FILL IN THE BLANKS

1. The essential components of food which are necessary for our body are called _____.
2. The turning of food item in to blue black colour on adding iodine solution indicates the presence of _____.
3. Oily patch on the paper indicates the presence of _____ in the food.
4. Food item which contain _____ and _____ are called energy giving food.
5. Food items which contain proteins are called _____ food.
6. Food item which contain _____ and _____ are called protective food.
7. Pulses are rich source of _____.
8. Roughage is mainly provided by _____ products in our food.
9. Water helps our body to absorb _____ from our food .
10. All deficiency diseases can be prevented by taking a _____.
11. Goitre is caused due to the deficiency of _____.
12. Bones become soft and bent in _____ disease.
13. Scurvy is caused due to the deficiency of _____.

14. If the diet is deficient in both _____ and _____ for a long time ,the growth may stop completely.
15. Diseases occur due to lack of nutrients are called _____.
16. Vitamin C gets easily destroyed during _____.
17. The skins of vegetables and fruits contain _____ and _____.
18. Eating too much of _____ rich food causes obesity.
19. The chemical substances used for testing the presence of proteins are _____ and _____.
20. Many useful _____ and _____ are lost if excess water is used during cooking and thrown away.

III. NAME THE FOLLOWING

1. Two energy giving food.
2. Two body building food.
3. Night blindness is caused due to deficiency of.
4. Some sources of dietary fibres.
5. The condition which arise by taking too much of fat rich food.
6. Two foods rich in carbohydrates.
7. The mineral that is required for keeping our bones healthy.
8. An essential component of food which does not provide any nutrient to our body.

IV. MATCH THE FOLLOWING

- | | |
|------------------------------------|--------------------|
| 1. Fat rich food | Body building food |
| 2. Vitamin B1 | Balanced diet |
| 3. Proteins | Obesity |
| 4. All nutrients in right quantity | Beriberi |
| 5. Table salt | Carbohydrates |
| 6. Potato | Iodine |

V. STATE TRUE OR FALSE. IF FALSE CORRECT THE STATEMENT

1. Deficiency of vitamin B1 causes Night Blindness.
2. Obesity is caused due to eating protein rich food.
3. Goitre is caused due to deficiency of iron.
4. Carbohydrates and fats are called body building food.

L – 1 FOOD WHERE DOES IT COME FROM?

Fill in the blanks

1. The main sources of our food are **plants** and **animals**.
2. Animals which eat only plants are called **herbivores**.
3. Animals which eat other animals are called **carnivores**.
4. Animals which eat both plants as well as other animals are called **omnivores**.
5. Materials needed to prepare a dish are called **ingredients**.
6. We collect the food stored by bees as **honey**.
7. The **milk** that we drink which comes from cows, buffaloes and goats is an animal product.
8. We get sugar from **sugarcane**.
9. Bees collect **nectar** from flowers, convert it into honey and store it in their hive.
10. If small white structures have grown out of the soaked seeds, the seeds are said to be **sprouted**.

INTERNATIONAL INDIAN SCHOOL DAMMAM

CLASS VI SCIENCE WORKSHEET 2017 – 2018

L- 3 FIBRE TO FABRIC

I Fill in the blanks

1. Silk fibre is drawn from the **cocoon** of the silkworm.
2. Jute fibre is obtained from the **stem** of the jute plant.
3. To make fabrics, fibres are first converted in to **yarns**.
4. **Weaving** and **knitting** are the two main processes by which fabrics are made from yarns.
5. Weaving of fabric is done on **looms**.

II Name the following

6. The process by which cotton fibres are separated from the seeds by combing.
Ginning of cotton
7. The process of making yarn from fibre. **Spinning**
8. Two hand operated devices used for spinning. **Hand spindle (takli) and Charkha**
9. The process in which a single yarn is used to make a piece of fabric.
Knitting

III Define

10. **Weaving** – The process of arranging two sets of yarns together to make a fabric is called weaving.
11. **Natural fibres** - Fibres of fabrics which are obtained from plants and animals are called natural fibres. Eg: cotton and jute (from plants) , wool and silk (from animals)
12. **Synthetic fibres** – Fibres of fabrics made from chemical substances are called synthetic fibres. Eg: polyester, nylon and acrylic.

INTERNATIONAL INDIAN SCHOOL, DAMMAM

WORKSHEET 2017-18

Class: VI

LESSON-7 GETTING TO KNOW PLANTS

I NAME THE FOLLOWING:

1. The flat green part of the leaf.
2. The tiny pores on the surface of the leaf.
3. The female reproductive organ of a flower.
4. The food prepared by the plants during photosynthesis.
5. The part which keep the plant upright.
6. The process in which plants give out water in the form of water vapour.
7. The thick vein in the Centre of the leaf.
8. The green colouring pigment in the leaves.
9. The reproductive part of a plant.
10. Fine dust like particles produced inside the anthers

II FILL IN THE BLANKS:

1. _____ solution is used to test the presence of starch.
2. The innermost part of a flower is called _____
3. The stalk of the flower is called _____.
4. Stamens consist of _____ and _____.
5. After fertilization _____ and _____ will develop into fruits and seeds respectively.
6. The stalk of the leaf is called _____.
7. The pattern of veins on the leaf is called _____.
8. The outermost whorl of the flower is called _____.
9. The bead like structure inside the ovary is called _____.
10. The smaller branches of roots which grow out from the taproot are called _____.

III WRITE TRUE OR FALSE, CORRECT THE FALSE STATEMENTS:

1. The pistil is the male reproductive part of a flower.
2. Plants with weak stems and spread on the ground are called herbs.
3. Roots conduct water to the leaves.
4. Petals protect the flower in bud condition.
5. Plants having leaves with reticulate venation will have fibrous root system.

IV MATCH THE FOLLOWING:

- | | |
|------------------------|--------------|
| 1. Anther | creeper |
| 2. Parallel venation | taproot |
| 3. ovary | stamen |
| 4. Water melon | fibrous root |
| 5. Reticulate venation | pistil |

INTERNATIONAL INDIAN SCHOOL DAMMAM
LESSON- 8 – BODY MOVEMENTS WORKSHEET (2017-2018)

CLASS: VI SCIENCE

1. Fill in the blanks with suitable words:

1. The place where two or more bones meet is called a-----
2. -----are not as hard as the bones and can be -----
- 3.----- are elastic tissues which work in pairs to move the bones.
- 4.The 12 pairs of bones in the chest region are called-----
5. ----- gives us an idea about the shape and number of bones.

2. Name the following:

1. The joint that allows movement only in one plane –
2. The type of joint in the hip and shoulder –
3. The system that protects the soft internal organs –
4. The animal that eats its way through the soil –
5. The shape of the body of fish which help them to swim.

3. Multiple Choice Questions

1. The joint that allows movement in all directions, is the
a) Pivot joint b) Fixed joint c) Ball and Socket joint d) Hinge joint
2. The elbow joint is a ----- joint.
a) Ball and Socket joint b) Hinge joint c) Pivot joint d) Fixed joint
3. The number of bones in our body are
a) 200 b) 204 c) 206 d) 208
4. A streamlined body is found in
a) Cockroach b) Snail c) fish d) Earthworm

5. Which of the following animal is covered with a hard shell?

- a) Snail b) Earthworm c) Snake d) Cockroach

6. Which of the following is made up of vertebrae?

- a) Cartilage b) Skull c) Backbone d) Bones of the leg

7. Earthworm moves with the help of

- a) Flagella b) Circular and longitudinal muscles c) Fins d) Hind limbs

4. Answer the following with numbers:-

1. No. of pairs of bones in the rib cage -

2. No. of bones in the backbone -

3. No. of pairs of muscles that help the bones to move -

4. No. of bones in the skeleton system -

5. No. of pairs of wings in the body of a Cockroach attached to the breast -

6. No. of pairs of legs in the body of a Cockroach -

5. Define the following

1. Joint 2. Cartilage 3. Bones 4. Muscle 5. Streamlined 6. Skeleton

6. Fill in the blanks

<u>Name of the joint</u>	<u>It's location in the body</u>	<u>Movement it allows</u>
Ball and socket	-----	-----
Hinge	-----	-----
Pivot	-----	-----
Fixed	-----	-----

7. What are the structures associated with the movement of the following organisms ?

- 1) Cockroach 2) birds 3) Earthworm 4) Fish

8.Name the joints found in / between

- 1) Fingers 2) Skull 3) Knee 4) Shoulder 5) neck 6) hip 7)Toes

9. Differentiate between:-

1. Bones and Cartilages
2. Hinge joint and Ball and Socket Joint

10.State whether the following are True or False. If false correct the statement:

1. The skeletal system consists of bones and cartilages –
2. Our skull is made up of movable joints -
3. Cartilages are harder than bones –
4. Joints are not present in our finger bones –
5. Cockroaches have an outer skeleton –

INTERNATIONAL INDIAN SCHOOL, DAMMAM

SCIENCE WORKSHEET 2017-2018

CLASS: VI

L-11 LIGHT, SHADOWS AND REFLECTIONS

Q. I Fill in the blanks:

1. Shadow is a dark patch formed when an _____ object comes in the path of light.
2. _____ is used to image the sun during eclipse.
3. The pinhole camera is based on the principle that _____.
4. _____ takes place from a smooth polished surface.
5. Image formed from a pinhole camera is always _____.
6. _____ reflection gives us clear image.

Q. II Name the following:

1. Objects which do not allow light to pass through them. _____
2. Objects through which we can see clearly. _____
3. Objects which allow light to pass through them partially. _____
4. The dark patch formed when an opaque object comes in the patch of light. _____
5. A body emitting light on its own. _____
6. A device used to image the sun and brightly lit objects. _____
7. Some natural luminous objects. _____
8. Some artificial or man-made sources of light. _____

Q. III Choose the correct answer:

1. _____ objects do not cast shadows because they do not block light.
(a) Translucent (b) Transparent (c) Opaque (d) Both a & b
2. _____ objects which allow light to pass through them clearly.
(a) Translucent (b) Transparent (c) Opaque (d) Both a & b

Q. IV State True or False. If false then correct the statement:

1. One can't see through opaque objects. _____

2. A dark patch formed by an opaque body placed in the patch of light is called an image.

3. Blackboard is an opaque body. _____

4. Image formed by a pinhole camera is always larger than the object.

5. The colour of the shadow changes as the position of the objects changes from the source of light.

Q. V Answer the following questions:

1. In a completely dark room, if you hold a mirror in front of you, will you see reflection of yourself in the mirror? Why?

2. Write two differences between a shadow and an image.

3. Classify the following objects as: Opaque, Transparent, Translucent and luminous.

Sun, wood, metal sheet, glass, Oiled paper, ground glass, piece of rock, torch, air, cardboard sheet, firefly, electric light, butter paper, umbrella, wall, smoke, fog.