

L- 2 COMPONENTS OF FOOD**I. Fill in the blanks:**

1. The components of food that are necessary for growth and maintenance of our body are called _____.
2. Foods containing carbohydrates and fats are also called_____.
3. Foods containing_____are often called body building foods.
4. Foods containing_____and_____are called protective foods.
5. _____solution is used to test the presence of starch.
6. Copper Sulphate and caustic soda are used to test the presence of_____in food.
7. Pulses are rich sources of_____.
8. An oil patch on paper indicates that the food item contains _____.
9. A diet which provides all the nutrients that our body needs if taken in right amount and right quantity is called a_____.
10. _____and_____are needed by our body in small amounts.
11. The main carbohydrates found in our food are in the form of_____and _____.
12. Diseases that occur due to lack of nutrients over a long period are called _____ diseases.

II. Name the following:

1. Dietary fibres are also known as.
2. Eating too much of fat rich food causes this condition.
3. Any two sources of Vitamin C.
4. Presence of this colour indicates that the food contains starch.
5. This helps our body to absorb nutrients from food and also helps in throwing out wastes as urine and sweat.
6. A disease caused by deficiency of Vitamin D.

III. Match the following:

- | | |
|---------------|-------------------------|
| 1. Vitamin B1 | a. Night blindness |
| 2. Iron | b. Fat rich food |
| 3. Calcium | c. Goiter |
| 4. Vitamin A | d. Beriberi |
| 5. Iodine | e. Bone and tooth decay |
| 6. Obesity | f. Anaemia |

IV. State True or False. If False, correct the statement.

1. Proteins are called as Energy giving foods.
2. Vitamin D gets easily destroyed by heat during cooking.
3. Deficiency diseases can be prevented by eating a balanced diet.
4. Roughage is mainly provided by animal products in our foods.
5. Deficiency of Vitamin A causes a disease known as Scurvy.

V. Choose the correct answer:

- Foods help in protecting our body against diseases.
a) body building foods b) protective foods c) energy giving foods
d) roughage.
- Deficiency of a vitamin causes the diseases known as Rickets.
a) Vitamin A b) Vitamin B1 c) Vitamin C d) Vitamin D.
- Vitamin C is not present in this food.
a) Milk b) guava c) orange d) lemon.
- Iodized salt (table salt) is the source of this mineral.
a) Iron b) Calcium c) Iodine d) phosphorous.

VI. Answer the following:

- Name some vitamins needed by our body and mention the functions of each.

- What are dietary fibres? How are they important to us? Name some sources of them.

- What is the effect of cooking on nutrients?

LESSON 7 – GETTING TO KNOW PLANTS**I. Name the following:**

- The flat green part of the leaf.
- The pores on the surface of the leaf.
- The food prepared by the plants during Photosynthesis.
- Process by which plants give out water in the form of water vapour.
- Thick vein in the centre of leaf.
- Green colour pigment in the leaves.
- Smaller roots arise from the main root in the tap root system.
- The part of a plant that bears leaves, flowers and fruits.
- The stalk of the flower.
- The swollen basal part of a pistil.

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11. The part of a plant which conducts water as well as food, thus working as a two-way street-
12. Sunlight can be trapped in leaves by this pigment during the photosynthesis-
13. Plants with weak stems that spread on the ground.
14. The reproductive part of a plant.

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. Parts of a flower are _____, _____, and_____.
4. Stamens consist of_____and_____.
5. Leaves transpire through_____.
6. Stalk of leaf is called_____.
7. Pattern of veins on the leaf is called_____.
8. Outermost whorl of the flower is_____.
9. _____ is the lowermost part of a Pistil.
10. The bead like structures inside the ovary is_____.
11. _____ absorb water and minerals from the soil.
12. The plant part, which keeps the plant upright is the_____.
13. The_____ help in holding the plant firmly to the soil.
14. Root, stem, leaves are the_____parts of a plant.

III. State true or false; if false correct the statements

1. Roots conduct water to the leaves.
2. Petals protect the flower in bud condition.
3. Plants having leaves with reticulate venation will have a fibrous root system.
4. Ovary is a part of stamens
5. Roots absorb water and minerals from the soil.
6. Herbs are plants with brown and strong stems
7. Leaves absorb oxygen in the process of photosynthesis.
8. Leaves give out water vapour through the process of transpiration.

IV. Match the Columns:**Column A**

1. parallel venation
2. reticulate venation
3. male reproductive part of a flower
4. weak stem
5. starch

Column B

- | | |
|---------------------|-----|
| stamen | () |
| climber | () |
| taproot system | () |
| photosynthesis | () |
| fibrous root system | () |

L 8 – BODY MOVEMENTS**I. Choose the correct answers**

1. The joint that allows movement in all directions
a) Pivotal Joint b) Fixed Joint c) Ball & Socket Joint d) Hinge Joint
2. Elbow joint is _____
a) Pivotal Joint b) Fixed Joint. c) Ball & Socket Joint. d) Hinge Joint
3. A streamlined body is found in _____.
a) Fish b) birds c) whale d) all of these
4. Which of the following animal, moves with the help of a muscular foot?
a) Fish b) Snail c) Earthworm d) Cockroach
5. _____ slithers on the ground by looping sideways.
a) Snake b) Snail c) Earthworm d) scorpion

II. Fill in the blanks

1. The place where two or more bones meet is called a _____.
2. _____ are soft and can be bent
3. _____ work in pairs to move the bones.
4. _____ is made up of bones, joints and cartilages.
5. _____ show the shape of bones in our bodies.
6. Heart and lungs are protected inside _____.
7. Our wrist is made up of 8 small bones called _____.

III. Name the following

1. The joint that allows a cricket bowler to bowl the ball.
2. Outer skeleton of a snail.
3. The part of the skeleton, which encloses the portion below the stomach.
4. The shape of the body of the fish, which helps it to swim.
5. The movable skull bone.
6. The part of the skeleton that encloses and protects the brain.
7. The hair like structures found under the body of an earthworm

IV. Answer the following with number:

1. Number of pairs of the bones in the Rib cage.
2. Number of bones in the backbone.
3. Number of pairs of muscles that help a bone move.
4. Number of bones in the skeleton system of an adult
5. Number of pair of wings in the body of a cockroach
6. Number of pair of legs in the body of cockroach.
7. Number of bones in forearm.

V. Name the joints found in/between

1. Fingers –
2. Skull –
3. Knee –
4. Shoulder –
5. Neck –
6. Hip –
7. Toes –
8. Elbow –

VI. Correct the statements:

1. Our Skull is made up of movable joints only.
2. Muscles get bulged due to relaxation.
3. Fixed joints are present in our finger bones.
4. Earthworm moves with the help of bones.
5. Ball and socket joints allow movement in one plane only.

VII. Write the type of movements allowed by the following joints:

1. Hinge joints –
2. Ball and socket joint –
3. Pivotal joint –
4. Fixed joint –

L 11 - LIGHT, SHADOW AND REFLECTION**I. Choose the correct answer:**

1. Which of the following is a translucent object?
a) iron Sheet b) glass Slab c) butter paper r d) cardboard sheet
2. Bouncing back of light from a shining surface is called
a) Reflection b) Refraction c) Dispersion d) Bending
3. Which of the following is not a man-made luminous body?
a) electric bulb b) lighted candle c) oil lamp d) fire fly
4. Images are formed due to
a) refraction of light b) reflection of light c) dispersion of light d) obstruction of light

II. Fill in the blanks:

1. Light travels in _____ and this property is known as _____
2. Shadows are formed when opaque objects _____ the path of light.
3. The working principle of pinhole camera is that _____.
4. _____ changes the direction of light that falls on it.
5. Image formed from a Pinhole camera is always _____ and _____
6. _____ reflection gives us clear images.

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III. Name the following:

1. Objects that do not allow light to pass through them.
2. Two natural luminous objects.
3. An opaque object which receives shadows.
4. Objects through which we can see clearly.
5. Two man made sources of light.
6. A body that emits light on its own.
7. A device used to image the sun during an eclipse.

IV. States true or false, if false correct the statements

1. Image formed by a Pinhole camera is always straight and larger than the object.
2. All the shining bodies in the sky have their own light.
3. Mirror is a transparent object.
4. Image is formed by the obstruction of light by an Opaque body.
5. Colour of the shadow changes as the position of the object changes from the source of light.
6. Light gets reflected when it strikes a shiny surface.

V. Answer the following questions.

1. How are the Moon and Planets visible to us, though they are not luminous?

2. Why do we need a shiny surface for reflection?

3. In a dark room, can you see your reflection on a mirror? Why?

Lesson 15 : AIR AROUND US**I. Name the following**

1. Largest volume of gas present in air.
2. The gas released during respiration.

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3. The suspended carbon particles present in air.
4. The Gas used in the fire extinguisher.
5. The gas that supports burning.
6. The envelope of air that surrounds the Earth.
7. The gas taken in by the plants & animals for respiration
8. Name the 2 major components of air
9. Name the 2 processes which maintain the balance between the Oxygen - Carbon dioxide in the atmosphere.
10. The gas produced during photosynthesis
11. Name the gas present in air used for making fertilizers

I Fill in the Blanks

1. Moving air is called _____
2. Water vapour in air is important for the _____ in nature.
3. _____ gas is consumed during photosynthesis.
4. Nitrogen & Oxygen together constitute _____ % of the air
5. The gas produced after burning is _____
6. Aquatic animals & plants use the _____ dissolved in water for respiration.
7. Air contains _____ % of Carbon dioxide.
8. _____ are the two components of air that cause the rusting of Iron.

III. Match the following

1	Weather cock	Oxygen
2	Windmill	Dissolved Oxygen
3	Photosynthesis	Generate electricity
4	Aquatic animals	Direction of Wind
5	Burning	Carbon dioxide

IV. State True or False, if False correct the Statement

1. Weather cock is a device used to generate electricity.
2. Plants & animals consume CO₂ for respiration & produce Oxygen.
3. Burning consumes Carbon dioxide & produce oxygen.
4. The presence of Nitrogen in air is Important for the water cycle in nature.

V. Draw a neat labelled diagram of composition of air.

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Case Study Questions

I. Shalima collected some plants and she grouped them into two. In first group plants were having long roots with very fine lateral roots. The other group has plants with cluster of roots.

1. Name the plant which comes under first group
 - a) Carrot
 - b) Maize
 - c) Sugar cane
 - d) Paddy

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2. Name the plant which comes under second group
a) Rose, corn b) banyan tree c) Mango Tree d) Hibiscus
3. Which type of venation is seen in 1st group
a) Reticulate b) Parallel
4. Which type of Venation is seen in 2nd group
a) Reticulate b) Parallel

II. Sonu wants to understand the movement of Fish. So his teacher performed an activity by making a paper boat. She placed the boat on the water and pushed it into the water from the broad side.

1. During Swimming muscles of the fish help
a) Make tail part swings towards the opposite b) Make the front part of the body curved to one side c) Both making the front part of the body curved to one side and tail part swing towards the opposite d) None of these.
2. The endoskeleton of the fish is covered with
a) Muscles b) Tendons c) Scales d) Carbonates.
3. Fish also have other fins on their body which mainly help
a) To keep direction while swimming b) To keep the balance of the body
c) Both to keep the balance of the body while swimming and to keep direction while swimming d) None of these
4. Body of the fish is streamlined
a) True b) False

III. Let us use a piece of pipe for a longer rubber tube. Light a candle, fix it on a table at one end of the room. Now standing at other end of the room, look at the candle through the pipe.

1. Image formed by a pinhole camera is
a) Erect b) Inverted c) Sometimes erect, sometimes inverted d) None of these
2. The pinhole image of the Sun is
a) Long b) Circular c) Sometimes long, Sometimes circular d) None of these
3. The formation of shadow of one celestial body on other is known as
a) Image b) Eclipse c) Reflection d) None of these
4. The process of bouncing back of light in same medium is called
a) Reflection of light b) Dispersion of light c) Inversion of light
d) Refraction of light

IV. One Monday morning Rahul was struck in a traffic block. He saw a Policeman standing in the middle of traffic wearing a mask. He also noticed some people nearby him were choking.

- 1) The policeman was wearing mask because of
a) Air pollution b) Noise pollution c) Soil pollution d) Water pollution

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2) CNG means

- a) Common Natural Gas b) Compressed Natural Gas c) Common Natural Gasoline d) Compressed Natural Gasoline

3) Which of these is not true in Combustion

- a) Oxygen is formed b) Carbon dioxide is formed c) Oxygen is used up
d) Nitrogen does not change

4. Air is a type of

- a) Mixture b) Compound c) Gas d) Element

V. Neha was very tired. Her mother gave her a glass of water with Glucose dissolved in it when she came back home.

1. The energy providing nutrients are

- a) Carbohydrates b) Fats c) Carbohydrates and fats d) Proteins

2. A diet containing all the nutrients in a balanced amount is called

- a) G M Diet b) Keto Diet c) Balanced Diet d) None of these

3. Amla is the richest source of

- a) Vitamin C b) Vitamin B c) Vitamin A d) Vitamin D

4. Deficiency of Vitamin A and

- a) Night blindness b) Beri Beri c) Scurvy d) Rickets

VI. Ali accidentally fell from staircase. His parents took him to the doctor. Doctor took the X-ray. His elbow got fractured.

1) Bone to Muscle connection is called

- a) Joints b) Tendons c) Ligaments d) Muscles

2) The joint at the elbow is the _____ joint.

- a) Pivotal Joint b) Ball and Socket Joint c) Hinge Joint d) Gliding Joint

3) Which of the following movement is immovable?

- a) Shoulder and Arm b) Knee and Elbow c) Upper jaw and Skull
d) Lower jaw and upper jaw

4) How many muscles work together to move a bone?

- a) One b) Two c) Three d) Four

ASSERTION REASONING QUESTIONS – CLASS 61) **Assertion (A):** The backbone consists of 33 vertebrae's**Reason (R):** We are able to touch our toes without bending his knees.

a) Only A is correct.

b) Only R is correct

c) Both A and R are correct and R is the correct explanation of A.

d) Both A and R are correct but R is not the correct explanation of A.

2) **Assertion:** Earthworm fix parts of its body to the ground.**Reason:** Earthworm has a large number of tiny bristles projecting out.

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- a) Only A is correct.
 b) Only R is correct
 c) Both A and R are correct and R is the correct explanation of A.
 d) Both A and R are correct but R is not the correct explanation of A.
- 3) **Assertion:** The joint where our neck join the head is a pivotal joint
Reason: Pivotal joint allows the neck to move back and forth
- a) Only A is correct.
 b) Only R is correct
 c) Both A and R are correct and R is the correct explanation of A.
 d) Both A and R are correct but R is not the correct explanation of A.
- 4) **Assertion:** The roots anchor the plant to the soil.
Reason: The taproot has a Main root and smaller roots called lateral roots
- a) Only A is correct.
 b) Only R is correct
 c) Both A and R are correct and R is the correct explanation of A.
 d) Both A and R are correct but R is not the correct explanation of A.
- 5) **Assertion:** The stem bears leaves branches, flowers and fruits
Reason: The stem supplies leaves with water.
- a) Only A is correct.
 b) Only R is correct
 c) Both A and R are correct and R is the correct explanation of A.
 d) Both A and R are correct but R is not the correct explanation of A.
- 6) **Assertion:** Mirror changes the direction of light that falls on it.
Reason: Shadows are formed when an opaque object comes in the path of light.
- a) Only A is correct.
 b) Only R is correct
 c) Both A and R are correct and R is the correct explanation of A.
 d) Both A and R are correct but R is not the correct explanation of A.
- 7) **Assertion:** We see pinhole images of the sun under a tree.
Reason: Light travels in a straight line.
- a) Only A is correct.
 b) Only R is correct
 c) Both A and R are correct and R is the correct explanation of A.
 d) Both A and R are correct but R is not the correct explanation of A.
- 8) **Assertion:** We include some fruits and raw vegetable in our diet.
Reason: Vitamin C gets easily destroyed by heat during cooking
- a) Only A is correct.
 b) Only R is correct
 c) Both A and R are correct and R is the correct explanation of A.
 d) Both A and R are correct but R is not the correct explanation of A.

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- 9) **Assertion:** The deficiency of iodine causes a disease called rickets,
Reason: Person suffering from rickets have soft bones, and they bent
- a) Only A is correct.
 - b) Only R is correct.
 - c) Both A and R are correct and R is the correct explanation of A.
 - d) Both A and R are correct but R is not the correct explanation of A.
- 10) **Assertion:** Oxygen is the component of air which supports burning
Reason: The major component of air is nitrogen
- a) Only A is correct.
 - b) Only R is correct
 - c) Both A and R are correct and R is the correct explanation of A.
 - d) Both A and R are correct but R is not the correct explanation of A.
- 11) **Assertion:** Well before the water begins to boil we see tiny bubbles on the inner surface of the container.
Reason: Water contains dissolved oxygen.
- a) Only A is correct.
 - b) Only R is correct
 - c) Both A and R are correct and R is the correct explanation of A.
 - d) Both A and R are correct but R is not the correct explanation of A.