THE ASIAN SCHOOL, DEHRADUN

WORKSHEET

SUBJECT – BIOLOGY, CLASS – VI, CHAPTER – COMPONENTS OF FOOD

Q1. Multiple Choice Questions:

(i) Which of the following is not a nutrient?
(a) carbohydrates (b) fats (c) proteins (d) water

(ii) Given below are some of the nutrients:
(a) carbohydrates (b) fats (c) proteins (d) vitamins

(iii) Which colour is observed when a piece of bread is tested with dilute iodine solution?
(a) brown (b) brown-black (c) blue (d) blue-black

(iv) Name the vitamins that helps our body to use calcium for bones and teeth.
(a) vitamin A (b) vitamin D (c) Vitamin E (d) Vitamin C

(v) Which disease is caused by the deficiency of iron?
(a) beriberi (b) scurvy (c) anemia (d) goiter

Q2. Fill in the blanks:

(i) _____ are present mainly in the form of sugars and starch in our food.
(ii) Ghee is a good source of _____.
(iii) _____ is also known as dietary fibre.
(iv) Eating food rich in _____ in excess cause obesity.
(v) _____ is caused by the deficiency of iodine.

Q3. True Or False:

(i) Rice is a good source of proteins.
(ii) Fats provide us more energy than the same amount of carbohydrates.
(iii) We need to consume vitamins and minerals in bulk quantities of maintaining good health.
(iv) Meat is a good source of dietary fibre.
(v) The deficiency of vitamin C can cause scurvy.

Q4. Identify The Odd One:

(i) Fats / Water / Vitamins / Carbohydrates
(ii) Butter / Ghee / Oil / Bread
(iii) Beans / Milk / Meat / Fish
(iv) Calcium / Phosphorus / Iron / Protein
(v) Beriberi / Anemia / Typhoid / Rickets

Q5. Short Question / Answers:

(i) What are carbohydrates? Discuss their functions.
(ii) Foods containing which nutrient are also known as “body building food”? Why are they called so?
(iii) Why are we often advised not to eat too much of fat-rich foods?
(iv) What is goitre? How is it caused?
(v) What is a balanced diet?
(vi) How will you detect the presence of fat?
(vii) What are deficiency diseases? Explain with the help of an example.
(viii) Discuss the importance of water in our diet.

Q6. Long Question / Answers:

(i) List the different types of nutrient present in our food. Discuss functions of all nutrients.

(ii) How does the balanced diet of a person working at a construction site differ from that of a child?

(iii) What is the other name of dietary fibre? Although dietary fibres do not provide any nutrient, it is important to include them in our diet, why?

(iv) Neha often complained of bleeding gums. She also had a weak immune system, and her wounds took longer time to heal. The doctor prescribed her a vitamin supplement and asked her to include certain food in her diet.

(a) Which deficiency disease could Neha be suffering from?

(b) Name the vitamin that is lacking in her diet.

Q7. Activity:

(i) Describe an activity to show that proteins are present in eggs.

(ii) A food pyramid is a diagrammatic representation of classifying food into different groups. Find out about the different food groups that make up the food pyramid.

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WORKSHEET

SUBJECT – CHEMISTRY, CLASS – VI, CHAPTER – CHANGES AROUND US

Q1. Multiple Choice Questions:

(i) The _____ is a reversible change.
   (a) burning of paper (b) cutting of paper
   (c) tearing of paper (d) folding of paper

(ii) Which of the following changes cannot be reversed?
   (a) compressing a sponge (b) filling air in a balloon
   (c) breaking of glass (d) freezing of water

(iii) What happens to an iron rim when it is heated?
   (a) it expands (b) it contracts
   (c) it contracts & then expands (d) does not undergo a change

(iv) Which of the following statements regarding boiling of water is in correct?
   (a) it is a reversible change (b) it occurs when water is heated
   (c) it converts water into water vapour (d) the water vapour obtained cannot be converted back into water

(v) Which substance is added to milk for converting it into curd?
   (a) baking power (b) curd
   (c) water (d) milk powder

Q2. Fill in the blanks:

(i) _____ changes are temporary.

(ii) Boiling of water is a / an _____ change.

(iii) Cutting of wood is a / an _____ change.

(iv) A metal rim fixed on a wooden wheel is slightly _____ then the size of wheel.

(v) Cooling of milk is a / an _____ change, but souring of milk is a / an _____ change.

Q3. Classify As Reversible Or Irreversible:

(i) Breaking of an egg.

(ii) Boiling of rice.

(iii) Separating stones from rice.

(iv) Cutting a piece of paper in the shape of an aeroplane.

(v) Folding a piece of paper in shape of an aeroplane.

(vi) Melting of ice.

Q4. True Or False:

(i) An irreversible change is temporary in nature.

(ii) Blooming of flowers is a reversible change.

(iii) Chopping of vegetables is an irreversible change.

(iv) When water is boiled, it changes into vapour state.

(v) For converting milk into curd a small quantity of curd is added to cold milk.

Q5. Short Question / Answers:

(i) Is melting of ice cream a reversible or an irreversible change? Give reasons.

(ii) What changes does a balloon undergo when you blow air in it?

(iii) Why is the conversion of milk into curd regarded as an irreversible change?

(iv) Why is rolling a ball of dough into roti a reversible change but baking of roti an irreversible change?
(v) Amit dissolved a spoonful of salt in a glass of water. Can he obtain the salt back? Explain how?

Q6. Long Question / Answers:

(i) Is growth among living beings a reversible or an irreversible change? Explain.
(ii) What happens when you burn an incense stick? What type of change is it?
(iii) Differentiate between reversible and irreversible changes. Give two examples of each.
(iv) Explain how iron blades are fixed on wooden handles.
(v) Take some clean iron nails, and leave them in the open for a few days. Observe what happens to them. Is it a reversible of an irreversible changes? Also are the changes in the iron nails desirable or undesirable?
(vi) Soak a piece of bread in water, and leave it in the open. Record the changes that you observe in bread the next day.

THE ASIAN SCHOOL, DEHRADUN

WORKSHEET

SUBJECT – PHYSICS, CLASS – VI, CHAPTER – FUN WITH MAGNETS

Q1. Multiple Choice Questions:

(i) Which of the following is a magnetic material?
(a) Iron (b) Plastic (c) Glass (d) Ceramic

(ii) Along which direction does a freely suspended bar magnet align itself?
(a) East-West (b) North-West (c) South-East (d) North-South

(iii) Which of the following material should be placed between two bar magnets while storing them?
(a) Wood (b) Copper (c) Soft iron (d) Glass

(iv) What will happen if the North Pole of a bar magnet is brought close to the North Pole of another bar magnet?
(a) The magnets will repel each other. (b) The magnets will be attracted to each other.
(c) The magnets will first attract and then repel each other.

Q2. Fill in the blanks:

(i) In an electric cell the metal cap act as _____ terminal.
(ii) An electric cell stops producing electricity when the _____ inside it are used up.
(iii) When current passes through the _____ of a bulb it gets heated and glows.
(iv) A current does not flow through a _____ if it is not complete.
(v) _____ do not allow electricity to pass through them.
(vi) An electric cell is a source of _____.
(vii) In a torch bulb, the outer case is made of _____.
(viii) Wood is a / an _____ of electricity.
(ix) A _____ allow current to flow in a circuit whenever required.
(x) Our body is a/an _____ of electricity.

Q3. Multiple Choice Questions:

(i) Electricity is an electric cell is produced by _____.
(a) Chemicals (b) Wood (c) Plastic (d) Metals

(ii) Which of the following objects will allow electric current to flow through it?
(a) Eraser (b) Iron Nail (c) Plastic Ball (d) Wooden Scale

(iii) How many terminals are there in an electric cell?
(a) Two (b) Three (c) Four (d) Five

(iv) While making a simple electric circuit a student forgot to remove plastic coverings from the ends of wires. What will happen as a result of this?
(a) The bulb will glow only for few seconds. (b) The bulb will glow brighter than usual.
(c) The bulb will start glowing slowly (d) The bulb will not glow.

(v) Which of the following materials is the most suitable for making electric wires:
(a) Plastic (b) Wood (c) Copper (d) Rubber

Q4. True Or False:

(i) Electricity produced by power stations is supplied directly in our homes.
(ii) The filament in a bulb is supported on three thick wires.
(iii) In an electric cell, the metal disc is the negative terminal.
(iv) In a circuit the current flows from the negative to the positive terminal of the cell.
(v) A fused electric bulb does not glow even on being connected to source of electricity.

Q5. Short Question / Answers:

(i) What will happen if the terminals of an electric cell are joined without using a switch and device?
(ii) Why is it advised to wear rubber gloves while working with electric wires?
(iii) Give any one observation that suggests that air is an insulator.
(iv) Can we use woolen yarn in place of metal wires in an electric circuit? Give reasons to support your answer.
(v) Why does an electric bulb with a broken filament not glow when connected to a cell?
(vi) What is an electric circuit?
(vii) Before using wires in an electric circuit, we are advised to removed the plastic coverings from their ends. Can you explain why?
(viii) How can electric bulb get fused?
(ix) What is an electric switch? What is its function?
(x) Why are electric switches made up of conductors? While plug tops made of plastic.

Q6. Long Question / Answers:

(i) Differentiate between conductors and insulators.
(ii) Why is a danger sign played in places such as electric substations and transformers?
(iii) Describe the different parts of a torch bulb.
(iv) With the help of an activity, show that a current does not pass through a circuit if it is not complete.