

HOLIDAY HOMEWORK CLASS 6TH

Science

Topic : Diet and Deficiency diseases

I] Plan a balanced diet for the following persons for five days, using the table given below:-

Table 1

	Day1			Day 2			Day 3			Day 4			Day 5		
	Breakfast	Lunch	Dinner	Breakfast	Lunch	Dinner	Breakfast	Lunch	Dinner	Breakfast	Lunch	Dinner	Breakfast	Lunch	Dinner
Labourer															
House wife															
A person having hypertension (high blood pressure)															

Answer the following questions with reasons, by analyzing the content of the table:-

1. Which of the above persons needs to consume minimum amount of fats?
2. Which of the above persons needs to consume maximum amount of carbohydrates?
3. Which of the above persons needs to consume less salt in his/her diet?

II] Germinate different types of seeds and observe their growth pattern using a tabular format.

➤ Methodology

- ❖ Take green moong dal, white chana and rajma seeds and soak them in water overnight, using separate containers.
- ❖ Drain the water and place the soaked seeds in wet cotton wool in separate bowls.
- ❖ Observe the growth of the germinated seeds for a period of three weeks and based on your observation fill the following table and answer the given questions:-

Table 2

S. No	Type of seed	Length of the sprouted plant after the first week(in cm)	Length of the sprouted plant after the second week(in cm)	Length of the sprouted plant after the third week (in cm)

1.	green moong dal seeds			
2.	white chana seeds			
3.	rajma seeds			

Answer the following questions :-

1. Which seeds have the softest and the hardest seed coats?
2. Name the plant which has shown minimum growth after the third week.
3. Name the plant which has shown maximum growth after the third week.

III] Prepare a sprout salad using black chana seeds and fruits and bring it to the class for presentation.

IV] Make a research based scrap file on the given deficiency diseases (anaemia, goitre, marasmus, osteomalacia) using the following table:-

Table 3

S. No	Name of the deficiency disease	Cause of the disease	Symptoms of the disease	Preventive measures/Cure

Use pictures to support your data.

V] Make a science magazine which should have science facts and fiction, cross word puzzle

VI] Make a project on environment and its components.

Note : - The complete Holidays Homework must be submitted on 20th June, 2014 between 09:00am – 11:00am.