

## HOLIDAY ASSIGNMENT

CLASS –VI

SCIENCE

### I. FILL UPS :

1. Milk is an \_\_\_\_\_ product.
2. The major sources of food are \_\_\_\_\_ and \_\_\_\_\_
3. Bees make \_\_\_\_\_ from nectar of flowers.
4. Plants make their own food by the process of \_\_\_\_\_
5. Things that are used to make a food item are known as \_\_\_\_\_.
6. \_\_\_\_\_ gives blue colour with iodine.
7. Balanced diet is one containing all \_\_\_\_\_
8. Our body contains \_\_\_\_\_% of water.
9. skin, hair and nails are made up of \_\_\_\_\_
10. Deficiency diseases can be prevented by eating a \_\_\_\_\_ diet.

### II. MATCH THE FOLLOWING:

- |                        |   |                           |
|------------------------|---|---------------------------|
| 11. lion               | - | nectar                    |
| 12. Female mosquito    | - | plants                    |
| 13. Man                | - | other animals             |
| 14. Butterfly          | - | human blood               |
| 15. Deer               | - | fruit juice               |
| 16. Test for fats      | - | vitamins                  |
| 17. Test for starch    | - | proteins                  |
| 18. Protective food    | - | oily patch on paper sheet |
| 19. vitamin C          | - | iodine                    |
| 20. Body building food | - | scurvy                    |

### III. MULTIPLE CHOICE QUESTIONS:

21. Which one is best for health ?  
a) boiled seeds, b) roasted seeds, c) sprouted seeds
22. Animals which eat plants are called  
a) herbivores, b) omnivores c) carnivores
23. Human beings are  
a) herbivores, b) omnivores c) carnivores
24. Which one of the following is a cereal ?  
a) rice, b) tea, c) onion
25. carrot and radish are examples of \_\_\_\_\_  
a) roots, b) stem c) leaves
26. One of the following is necessary for keeping gum and teeth healthy. This is  
a) vitamin B, b) vitamin A, c) vitamin C
27. The food components needed by our body are called \_\_\_\_\_  
a) ingredients, b) fragments c) ornaments
28. Vitamins and minerals are  
a) protective food, b) energy food, c) roughage
29. Goitre caused by the \_\_\_\_\_ mineral deficiency.  
a) calcium, b) iodine, c) iron
30. Night blindness is caused due to deficiency of  
a) vitamin A, b) vitamin B, c) vitamin C

### IV. PROJECT : Collect more information on goiter and anaemia from net.