



# ONGC PUBLIC SCHOOL

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CLASS: VI

SUBJECT: SCIENCE (WORKSHEET)

**1. Classify the following food item into carbohydrates, fats and protein.**

sweet potato, ground nuts, tuar dal, potato, sugarcane, nuts, gram, milk, moong, butter, ghee, soya bean, cream, wheat, paneer, rice, bajra.

Ans.

Carbohydrates	Fats	Proteins

**2. Read the given passage and answer the following:**

How do plants make food?

Plants make their own food in their leaves as they do not get food from the soil or from water. The leaves can make food for the plant because they are green. The green chemical in a leaf is called chlorophyll. Plant make food in the presence of Sunlight, water, carbon dioxide and chlorophyll. Plants make food in a process called photosynthesis.

**Mark true and false:**

1. To make food a plant needs oxygen \_\_\_\_
2. Plants get food from the soil \_\_\_\_
3. Plants make food in their Green leaves \_\_\_\_
4. Sunlight is needed for photosynthesis \_\_\_\_
5. The plant gets food from the Sun \_\_\_\_

**3. Classify the following into Luminous and non-luminous objects:**

Sun, Books, Pen, Torch, Firefly, Table

Luminous Objects	Non-Luminous Objects

**4. Go through the given passage below and find out the answers**

**Vitamins:**

Though needed in small amounts, vitamins are very important for keeping our body healthy. There are a number of vitamin (A,B,C,D,E &K) which our body needs and each of these is found in different food items and has a specific role to play for functioning of our body.

Vitamin	Source	Functions
A	Carrot ,Mango, liver ,Cod-liver oil,Butter	Good for Eyes, Hair and Skin
B	Yeast, Meat, Fish, Milk, Green vegetables	Proper functioning of muscles and nerves ,growth
C	Lemon ,Orange ,Amla ,Guava, Tomato	Teeth and gums remains healthy ,For resistance against diseases
D	Milk,Butter, Cod-liver oil,Exposure to sunlight	Bones and Teeth become strong by using Calcium.

**Minerals:**

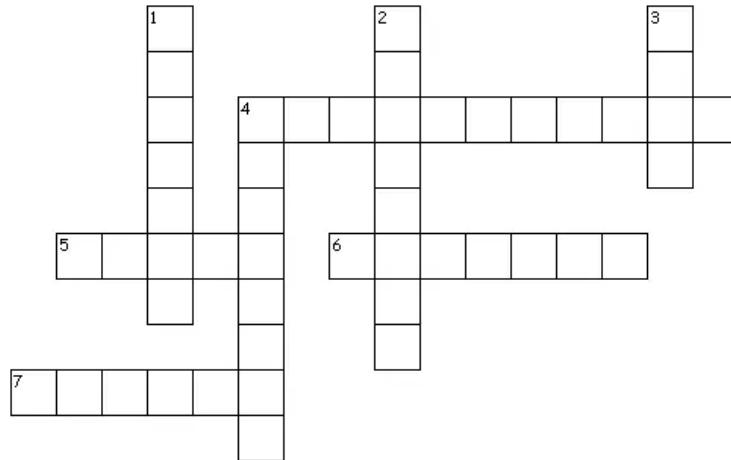
These are needed by our body in very small amounts. They help in building up different parts of the body and in carrying out various life processes. They are obtained from both plant food as well as animal food. Plants absorb minerals from the soil. Animals feed on plants and so animal food also contain minerals.

Minerals	Source	Functions
Calcium	Milk , Green vegetables	For building bones and teeth , helps blood to clot
Phosphorus	Meat, Fish, Eggs	For building bones and teeth
Iron	Liver, meat , Green vegetables	Making blood in the body.
Iodine	Sea food , iodised salt	Helps in proper growth

Minerals

**Let us Practice now:**

1. Name the vitamin required for making bones and teeth strong.
2. Vitamin C helps in keeping our .....and ..... Healthy.
3. Which mineral is found in sea food ?
4. How can having carrots help in improving your eyesight?
5. Why do we need Calcium ?
6. If you eat Fish, meat and guavas , which are the vitamins you are getting from these food items.

**5. Complete the cross-word puzzle:****Across**

4. The rearing of silkworms for obtaining silk
5. The largest producer of silk.
6. Cotton fibres are separated from the seeds by combing this process
7. It Yields silk fibres.

**Down**

1. the chief component of wool fibres
2. is a process that makes use of a single yarn to make a piece of fabric
3. It is made of fibres
4. The process of removing the fleece of the sheep along with a thin layer of skin is from its body

**6. Match the events related to motion in Column I with the types of motions given in Column II**

Column-I	Column-II
a) Motion of a child on a swing	i) Circular motion
b) the falling of a stone	ii) Rotational motion
c) Movement of the tip of the minute hand of a clock in 1 hour	iii) Periodic motion
d) The needle in the sewing machine	iv) Rectilinear motion
e) A moving wheel of a sewing machine	

**7. Unscramble the following.**

1. Mnivasit
2. geablinomho
3. Semlrnia
4. Irtdyedhano
5. Vrcsyu

Example. Haemoglobin

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