INTERNATIONAL INDIAN SCHOOL, Dammam
CLASS VI GS  COMPONENTS OF FOOD
WORKSHEET - 2016

I. CHOOSE THE CORRECT ANSWER.

1. The vitamin which keep our eyes and skin healthy is
   (a) vit D  (b) vit C  (c) vit A  (d) none of these

2. The vitamin that is produced in our body in the presence of sunlight
   (a) vit A  (b) vit B1  (c) vit C  (d) vit D

3. The vitamin which help our body to fight against many diseases
   (a) vit C  (b) vit B1  (c) vit C  (d) vit D

4. The vitamin which is easily destroyed by heat during cooking
   (a) vit A  (b) vit B1  (c) vit C  (d) vit D

5. Anaemia occurs due to the deficiency of
   (a) calcium  (b) iron  (c) phosphorous  (d) iodine

6. The mineral available in sea food is
   (a) calcium  (b) iron  (c) phosphorous  (d) iodine

II. FILL IN THE BLANKS

1. The essential components of food which are necessary for our body are called ____________

2. The turning of food item into blue-black colour on adding iodine solution indicates the presence of ____________ in the food.

3. Oily patch on the paper indicates the presence of ____________ in the food.

4. Food items which contain ________ and ________ are called energy giving food.

5. Food items which contain proteins are called ____________ food.

6. Food items which contain ________ and ________ are called protective food.

7. Pulses are rich source of ____________.

8. Roughage is mainly provided by ________ products in our food.

9. Water helps our body to absorb ________ from food.

10. All deficiency diseases can be prevented by taking a ____________.

11. Goitre is caused due to the deficiency of ________.


13. Scurvy is caused due to the deficiency of ________.

14. If the diet is deficient in both ________ and ________ for a long time, the growth may stop completely.

15. Diseases occur due to lack of nutrients are called ____________.

16. Vitamin C get easily destroyed during ________.

17. The skin of vegetables and fruits contain ________ and ________.
18. Eating too much of _____ rich food causes obesity.

19. The chemical substances used for testing the presence of proteins are _______ and ________

20. Many useful _______ and ________ are lost if excess water is used during cooking and then thrown away.

III. NAME THE FOLLOWING

1. Two Energy giving food
2. Two Body building food
3. Night blindness is caused due to the deficiency of.
4. Some sources of dietary fibres.
5. The condition which arise by taking too much of fat rich food.
6. Two foods rich in carbohydrates.
7. The mineral that is required for keeping our bones healthy.
8. An essential component of food which does not provide any nutrient to our body.

IV MATCH THE FOLLOWING

1. Fat rich food           Body building food
2. Vitamin B1             Balanced diet
3. Proteins               Obesity
4. All nutrients in right quantity       Beri beri
5. Table salt              Carbohydrates
6. Potato                  Iodine

V STATE TRUE OR FALSE. IF FALSE CORRECT THE STATEMENT.

1. Deficiency of Vit B1 causes Night Blindness.
2. Obesity is caused due to eating protein rich food.
3. Goitre is caused due to deficiency of iron.
4. Carbohydrates and fats are called body building food.
5. By eating rice alone, we can fulfill nutritional requirement of our body.
1. Fill in the blanks with suitable words:

1. The place where two or more bones meet is called a --------------

2. -------- are not as hard as the bones and can be --------------

3. ----------- are elastic tissues which work in pairs to move the bones.

4. The 12 pairs of bones in the chest region are called--------

5. --------- gives us an idea about the shape and number of bones.

2. Name the following:

1. The joint that allows movement only in one plane –

2. The type of joint in the hip and shoulder –

3. The system that protects the soft internal organs –

4. The animal that eats its way through the soil –

5. The shape of the body of fish which help them to swim.

3. Multiple Choice Questions

1. The joint that allows movement in all directions, is the
   a) Pivot joint b) Fixed joint c) Ball and Socket joint d) Hinge joint

2. The elbow joint is a -------------- joint.
   a) Ball and Socket joint b) Hinge joint c) Pivot joint d) Fixed joint

3. The number of bones in our body are
   a) 200 b) 204 c) 206 d) 208

4. A streamlined body is found in
   a) Cockroach b) Snail c) fish d) Earthworm
5. Which of the following animal is covered with a hard shell?
   a) Snail  b) Earthworm  c) Snake  d) Cockroach

6. Which of the following is made up of vertebrae?
   a) Cartilage  b) Skull  c) Backbone  d) Bones of the leg

7. Earthworm moves with the help of
   a) Flagella  b) Circular and longitudinal muscles  c) Fins  d) Hind limbs

4. Answer the following with numbers:
   1. No. of pairs of bones in the rib cage –
   2. No. of bones in the backbone –
   3. No. of pairs of muscles that help the bones to move –
   4. No. of bones in the skeleton system –
   5. No. of pairs of wings in the body of a Cockroach attached to the breast –
   6. No. of pairs of legs in the body of a Cockroach –

5. Define the following

6. Fill in the blanks

<table>
<thead>
<tr>
<th>Name of the joint</th>
<th>It's location in the body</th>
<th>Movement it allows</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball and socket</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hinge</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pivot</td>
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<td></td>
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<tr>
<td>Fixed</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

7. What are the structures associated with the movement of the following organisms?
   1) Cockroach  2) birds  3) Earthworm  4) Fish
8. Name the joints found in / between

1) Fingers 2) Skull 3) Knee 4) Shoulder 5) Neck 6) Hip 7) Toes

9. Differentiate between:

1. Bones and Cartilages

2. Hinge joint and Ball and Socket Joint

10. State whether the following are True or False. If false, correct the statement:

1. The skeletal system consists of bones and cartilages –

2. Our skull is made up of movable joints –

3. Cartilages are harder than bones –

4. Joints are not present in our finger bones –

5. Cockroaches have an outer skeleton –
Q. I Fill in the blanks:

1. Shadow is a dark patch formed when an _______ object comes in the path of light.
2. ________________ is used to image the sun during eclipse.
3. The pinhole camera is based on the principle that ________________
4. ________________ takes place from a smooth polished surface.
5. Image formed from a pinhole camera is always ________________
6. A ________________ is necessary to obtain a shadow.
7. ________________ reflection gives us clear image.
8. Images are very different from ____________
9. ________________ of light is responsible for the formation of shadows.

Q. II Name the following:

1. Objects which do not allow light to pass through it ________________
2. Objects through which we can see clearly ________________
3. Objects which allow light to pass through them partially ________________
4. The dark patch formed when an opaque object comes in the path of light ________________
5. A body emitting light on its own ________________
6. A device used to image the sun and brightly lit objects ________________

Q. III Choose the correct answer:

1. ________________ objects do not cast shadows because they do not block light.
   (a) translucent, (b) transparent, (c) opaque, (d) both a & b)

2. Objects which allow light to pass through them clearly
   (a) translucent, (b) transparent, (c) opaque, (d) both a & b)

1. One cannot see through opaque objects______________________________

2. A dark patch formed by an opaque body, placed in the path of light is called image______________________________
3. Blackboard is an opaque body.

4. Image formed by a pinhole camera is always larger than the object.

5. The colour of the shadow changes as the position of the objects changes from the source of light.

Q. V Answer the following questions:

1. In a completely dark room, if you hold a mirror in front of you, will you see a reflection of yourself in the mirror?

2. Does shadow give an accurate picture of the object?

3. Write any 2 difference between a shadow and an image.

4. Explain about the natural pinhole camera.

5. Mention the use of pinhole camera.

6. What is the nature of the image formed by a pinhole camera?

7. What is reflection?

8. Classify the following objects as:
   
   Opaque, transparent, translucent and luminous

   Sun, wood, metal sheet, glass, oiled paper, ground glass, piece of rock, torch, air, cardboard sheet, firefly, electric light, butter paper, umbrella, wall, smoke, fog.

Name Some Natural Luminous objects

→ Sun, stars, fire, firefly

Name Some Artificial or Man made Sources of light or Luminous obj

→ Bulb, candle, CFL, etc.
INTERNATIONAL INDIAN SCHOOL : DAMMAM

FUN WITH MAGNETS - WORKSHEET - 2016

Class: VI

I) Name the following:
1. A natural magnet
2. Materials that are attracted towards a magnet
3. ‘U’ shaped magnet
4. Device used to find the geographic directions
5. Pieces of iron used to store magnets
6. Ends of a magnet where the magnetic strength is maximum
7. The property of a magnet by which it attracts small pieces of iron
8. Two poles of magnet
9. Magnetic substances
10. Non-magnetic substances
11. Name two properties of a magnet

II) Define the following:
1. Natural Magnet
2. Artificial magnet
3. North pole
4. South pole
5. Magnetic substances
6. Non-magnetic substances
7. Compass
8. Magnetic poles

III) Correct the following statements:
1. Magnetic strength is maximum in the middle of a bar magnet
2. Unlike poles of a magnet repel each other
3. A pair of magnets are stored with their similar poles on the same side
4. Magnetite is a powerful artificial magnet

IV) Distinguish between:
1. Natural and artificial magnets
2. Magnetic and non-magnetic materials
3. North pole and south pole
V) **What happens:**
1. When S pole of magnet is brought near the South Pole of a freely suspended magnetic needle
2. When S pole of a magnet is brought near the North Pole of a freely suspended magnetic needle

VI) **Fill in the Blanks:**
1. Bar magnet is an example for ____________ magnet
2. ____________ is the world’s 1st magnet
3. ____________ property of magnet was useful for sailors
4. Similar poles of a magnet ____________ while opposite poles of a magnet
5. A freely suspended bar magnet always points in ____________ direction
6. Magnets lose their property on ____________, ____________ and ____________