PERIODIC TEST - 01

SESSION – 2024-25

CLASS – VI **SUBJECT – SCIENCE**

TIME- 90 Min. **MAX. MARKS – 40**

General Instructions:

The question paper has 26 questions in total
There are four section.

SECTION .1

Questions from serial number 1 to 10 are 1 mark questions.

1. What is the primary function of carbohydrates in our body?

A) To provide energy

B) To build muscles

C) To protect against diseases

D) To help in digestion

2. Which vitamin is essential for maintaining good eyesight?

A) Vitamin A

B) Vitamin C

C) Vitamin D

D) Vitamin E

3. What does a deficiency of Vitamin D cause?

A) Scurvy

B) Rickets

C) Beri-beri

D) Night blindness

4. What are dietary fibers primarily needed for?

A) Energy

B) Muscle building

C) Digestive health

D) Bone strength

Q.5 **Which of the following is a symptom of iron deficiency?**

A) Night blindness

B) Scurvy

C) Anaemia

D) Rickets

Q.6 **Starch tests in food can be conducted using which solution?**

A) Benedict’s solution

B) Biuret solution

C) Iodine solution

D) Sulfuric acid

Q.7 **Which of the following is NOT a function of proteins?**

A) Providing energy

B) Helping in digestion

C) Growth and repair of body tissues

D) Supporting immune function

Q.8 Which plant is the example of a herb?

(a) Mango

(b) China rose

(c) Grass

(d) Lemon tree

Q.9 Classify Neem in one of the categories of plants

(a) Herb

(b) Shrub

(c) Tree

(d) All of these

Q.10 What is the SI unit of length?

(a) Metre

(b) Centimetre

(c) Kilometre

(d) None of these

SECTION .2

Questions from serial number 11 to 16 are 1 mark questions. Answers to these questions should not exceed **20 words** each

Q.11 Define the term food.

Q.12 **Five** kilometres are equal to

Q.13 What are nutrients?

Q.14 What is Evaporation.

Q.15 Write the 5 examples of each Moving and Non Moving things .

Q.16 Is sugar soluble in water?

SECTION.3

Questions from serial number 17 to 24 are 2 marks questions. Answers to these questions should not exceed **30 words** each.

Q.17 What are the two main sources of food?

Q.18 Name any two sources of Vitamin B.

Q.19 What do you know about vegetarian and non-vegetarian habits?

Q.20 Write the sources and deficiency diseases of the vitamins 'A' and 'C' .

Q.21 Differentiate between living and Non living things.

Q.22 Convert the following Degree Celsius Temperature to Fahrenheit

(a) 20 (b) 30 (c) 60 (d) 55

Q.23 List two each opaque and transparent materials.

Q.24 How many planets in our Solar system?

SECTION. 4

CCT Questions from serial number 25 to 26 are 4 marks questions.

Q.25



Once early humans figured out that little kernels made plants, and that these plants were often more digestible than the little kernels, they set about finding ways to harness that process. Thus, around the world, people figured out how to make legumes, nuts/seeds and grains more digestible by soaking, sprouting, or fermenting them. Sprouting involves soaking seeds, nuts, legumes or grains for several hours, then repeatedly rinsing them until they begin to develop a tail-like protrusion. Soaking softens the hull, allowing the sprout to grow. They are usually ready to use when the sprout is ¼ inch. The amount of change depends on water pH, length of soaking, and length of sprouting. Sprouting enhances the bioavailability of nutrients.

25.1 Name the structure to which the term kernel is belongs-
A. Fruits
B. Seeds
C. Roots
D. Stem

25.2 Nuts like almonds turned more digestible by:
A. Soaking
B. Fermentation
C. Sprouting
D all of these

25.3 Sprouting is done for:
A. Increasing water content
B. Making soft for chewing

C. Increasing nutrient availability
D. making tasty

25.4 By soaking of seeds in water:
A. softens the hull
B. allow the sprout to grow
C. Make them digestible
D. All of these

Q.26 Case study 2

Foods containing fats and carbohydrates are also called 'energy giving foods'. Proteins are needed for the growth and repair of our body. Foods proteins are often called 'body building foods'. Vitamins help in protecting our body against diseases. Vitamins are of different kinds known by different names. Our body needs all types of vitamins in small quantities. Vitamin A keeps our skin and eyes healthy. Vitamin C helps body to fight against many diseases. Vitamin D helps our body to use calcium for bones and teeth. However, in a given raw material, one particular nutrient may be present in much larger quantity than in others. For example, rice has more carbohydrates than other nutrients. Thus, we say that rice is a "carbohydrate Rich" source of food.
Besides these nutrients, our body needs dietary fibres and water. Dietary fibres are also known as Roughage. Roughage is mainly provided by plant products in our foods. Whole grains and pulses, potatoes, fresh fruits and vegetables are main sources of roughage.

26.1) ……..……..……keeps our skin and eyes healthy?
a) Vitamin D
b) Vitamin C
c) Vitamin E
d) Vitamin A

26.2 Food containing Proteins are also known as "energy giving foods"?
a) True
b) False

26.3 Name the nutrient eeded for the growth and repair of the body?
a) Carbohydrates
b) Roughage
c) Minerals
d) Proteins

26.4 Which colour indicates the presence of proteins in the food items?
a) Blue
b) Green
c) Violet
d) Blue – black