



**INDIAN SCHOOL SOHAR**  
**PERIODIC ASSESSMENT – 1 (2019-20)**  
**SCIENCE**

**CLASS: VI**  
**DATE: 19/05/2019**

**MAX. MARKS: 15**  
**DURATION: 45 MINS**

**General Instructions:**

**All questions are compulsory. Choice is provided in question number 7.**

- |   |   |
|---|---|
| 1. What are the two main sources of our food?   | 1 |
| 2. Name the spice that is obtained from the bark of a tree.                             | 1 |
| 3. What are the forms of carbohydrates found in food?                                   | 1 |
| 4. Give two examples for dietary fibres.  | 1 |
| 5. State the significance of food for living organisms. (Any 3 points)                  | 3 |
| 6. Define the following:  | 3 |
| a) Balanced diet      b) Deficiency diseases      c) Obesity                            |   |
| 7. a) Differentiate between herbivore, carnivore and omnivore. Give an example of each. | 5 |
| b) Why is it important to cook food? (Any 2 points)                                     |   |

**OR**

- a) Mention any three examples where two or more parts of the same plant are used as food.  
 b) Why do children need more protein in their diet? (Any 2 points)

SET – 2



**INDIAN SCHOOL SOHAR**  
**PERIODIC ASSESSMENT – 1 (2019- 20)**  
**SCIENCE**

**CLASS: VI**  
**DATE: 19/05/2019**

**MAX. MARKS: 15**  
**DURATION: 45 MINS**

**General Instructions:**

**All questions are compulsory. Choice is provided in question number 7.**

- |  |   |
|--|---|
| 1. Name any two edible seeds from which oil is extracted.                                  | 1 |
| 2. What are the forms of carbohydrates found in food?                                      | 1 |
| 3. Give two examples for dietary fibres.   | 1 |
| 4. What are the two main sources of our food?  | 1 |
| 5. Define:   | 3 |
| a) Obesity      b) Balanced diet      c) Deficiency disease                                |   |
| 6. a) Mention any two examples where two or more parts of the same plant are used as food. | 3 |
| b) People who eat more sea foods are not affected by goiter. Explain.                      |   |
| 7. a) Why do Doctors advise us to take 2 – 3 litres of water per day? (Any 2 points)       | 5 |
| b) Differentiate between herbivore, carnivore and omnivore. Give an example of each.       |   |

**OR**

- a) Why is it important to cook food? (Any 3 points)  
 b) Why do we feel exhausted if we skip breakfast?  
 c) Write any two milk products you take daily.