

JK POLICE PUBLIC SCHOOL

ASSIGNMENT TEST SESSION 2020 – 21

CLASS-6TH

M. M = 20

SUBJECT SCIENCE

Incharge ; Mrs Anupama suri

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Q1. Important points read the paragraph and answer the questions given at the end of the paragraph. ( 3m)

Vitamins help in protecting our body against diseases. Vitamins also help in keeping our eyes, bones, teeth and gums healthy. Vitamins are of different kinds known by different names. Some of these are vitamin A, vitamin C, vitamin D, vitamin E and k. 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.

A. Name the different types of vitamins.

B. Give the function of vitamin A and vitamin C.

C. Name the diseases caused by vitamin D

Q2. Fill in the blanks.. (4 m)

1. .... is caused by deficiency of vitamin D.

2. Diseases that occur due to lack of nutrients over a long period are called..... Diseases.

3..... And..... Mainly provide energy to our body.

4. Night blindness is caused due to deficiency of..... In our food.

Q3. True or false. (4m)

1. By eating rice alone, we can fulfill nutritional requirement of our body.

2. Dietary fibres are also known as roughage.

3. Deficiency of vitamin C causes a disease known as rickets.

4. Meat alone is sufficient to provide all nutrients to the body.

Q4. Answer these questions (3m each)

1. What is balanced diet.

2. What are Nutrients?

3. What are deficiency diseases?