

Worksheet 1: Food and Its Components

LearnNest Kids

Class 6 · Science · Science Workbook

Name: _____

Date: _____

Score: _____

Answer all questions. Tick () the correct option for multiple-choice questions.

A. Choose the correct answer

1. Which nutrient gives us energy quickly?
(a) Proteins (b) Carbohydrates (c) Vitamins (d) Water
2. Lack of vitamin C in the diet can cause
(a) Scurvy (b) Rickets (c) Night blindness (d) Goitre

B. Fill in the blanks

3. Iodine solution turns _____ when starch is present.
4. Proteins are needed for _____ and repair of the body.

C. Write True or False

5. Roughage helps the body get rid of undigested food.

6. Fats give us less energy than carbohydrates.

D. Answer in one or two sentences

7. What is a balanced diet?

Worksheet 2: Separation of Substances

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Name: _____

Date: _____

Score: _____

Answer all questions. Tick () the correct option for multiple-choice questions.

A. Choose the correct answer

1. Husk is separated from grain by
(a) Sieving (b) Winnowing (c) Filtration (d) Magnet
2. Salt is obtained from sea water by
(a) Evaporation (b) Sieving (c) Handpicking (d) Churning

B. Fill in the blanks

3. Separating heavier insoluble particles that settle at the bottom is called _____.
4. Butter is separated from curd by _____.

C. Write True or False

5. Stones can be removed from rice by handpicking.

6. Filtration can separate salt dissolved in water.

D. Answer in one or two sentences

7. Why is it important to separate substances?

Activity: Test for Starch

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Do this activity with an adult at home.

You need: a few drops of dilute iodine solution, a dropper, and small pieces of potato, bread, cucumber and boiled rice.

Step 1: Place each food item on a separate plate.

Step 2: Put 2–3 drops of iodine solution on each item.

Step 3: Observe the colour. A blue-black colour means starch is present.

Record your observations in the table below.

Food item	Colour seen	Starch present? (Yes/No)
Potato		
Bread		
Cucumber		
Boiled rice		
Your choice: _____		

Safety: Iodine solution can stain clothes and is not for eating. Wash your hands after the activity.