

CLASS -6

DATE-16/05/2020

SCIENCE*

Learn the following q/a_

Question: Which of these provides energy?

- (a) vitamins (b) minerals (c) carbohydrates (d) water

ANSWER: (c) carbohydrates

Carbohydrates are a source of energy. Carbohydrates are converted into energy by combining with oxygen obtained by respiration. The byproducts are water and carbon dioxide.

Question : Which of these is the quickest source of energy?

- (a) sugars (b) starch (c) proteins (d) fats

ANSWER: (a) sugars

Sugars are used by the body to generate energy most quickly.

Question Into which classes are nutrients divided? Which of these provide energy to the body?

ANSWER: Nutrients are divided into following classes depending upon the function they perform.
Energy giving nutrients
Body building nutrients
Protective nutrients
Energy giving nutrients, namely carbohydrates and fats provide energy to the body.

Question: What are protective foods?

ANSWER: Protective foods are foods that contain minerals and vitamins. The minerals and vitamins in the protective food protect the body against various diseases.

Question : How are the proteins important for the body?

ANSWER: Protein is a body building nutrient. Proteins are important to generate new cells and to replace old and worn out cells. Hence, they play a role in growth of the body.

Question : Mention two cooking methods that destroy nutrients in food.

ANSWER: The two cooking methods that destroy nutrients in food are:

Cooking food in excess water dissolves many nutrients, particularly water soluble vitamins, in the water. When the extra water is thrown away, the nutrients dissolved in the water are also lost. Cooking food at high heat can destroy vitamin C.

Question : Name the two kinds of carbohydrates. Which of these provides us quick energy?

ANSWER: Sugars and starch are two kinds of carbohydrates. Sugars are easier to break down and they provide us with quick energy.

Question : In which vitamin would your body be most deficient if you did not eat fresh fruits and green vegetables?

- (a) vitamin A (b) vitamin B (c) vitamin C (d) vitamin D

ANSWER: (c) vitamin C

Fresh fruits and green vegetables are a source of vitamin C. Not eating these will lead to a deficiency of vitamin C.

Question : Which mineral is necessary for the formation of strong bones and muscles?

- (a) iron (b) calcium (c) phosphorus (d) potassium

ANSWER:(c) phosphorus

Phosphorus is responsible for the formation of strong bones and muscles. It is a constituent of adenosine triphosphate (ATP), a molecule responsible for providing energy during muscle activity.

Question : Which of these forms most of our body weight?

- (a) proteins (b) fats (c) carbohydrates (d) water

ANSWER:(d) Water

Water constitutes nearly 70% of our body weight.

Question : Iron is a

- (a) mineral. (b) fat. (c) vitamin. (d) protein.

ANSWER:(a) mineral

Iron is a mineral. Fats, vitamins and proteins are classified as nutrients.

Question : Obesity occurs due to

- (a) overeating of carbohydrates and fats.
(b) not eating enough carbohydrates and fats.
(c) overeating of vitamins and minerals.
(d) not eating enough vitamins and minerals.

ANSWER:(a) overeating of carbohydrates and fats.

Obesity is the retention of excess of fat in the body. If excess carbohydrates are consumed, then they are converted into fat and stored in the body. Excess consumption of fats also leads to fat accumulation in the body.

ENGLISH

1: Write meaning and frame sentence of the following words

Wretch, Crammed, Washhouse

2: Define Adverb and verb with two examples.

MATHS

1. The lid of a rectangular box of sides 40 cm by 10 cm is sealed all round with tape. What is the length of the tape required?

2. Find the area of rectangle whose side is 3cm and 14 cm.

3. Find the area of square whose one side is 5cm.

4. What is line segments?

For support use [www. Google](http://www.google.com), you tube, diksha app, NCERT app etc.