**Class 6th Science assignments**

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Unit 1: Food where does it come from

* Food: Nutritious substances that people or animals eat or drink or that plant absorb. In order **to maintain life or growth**
* There is a lot of variation of food eaten in different regions of India.
* The main source of food is plants and animals.
* Food sources from **plants**:-Vegetables, pulses, spices, cereals fruits, oils, etc.
* Food sources from **animals:-**milk, egg, honey, meat, fish, etc.
* Animals which eat only plants are called as **Herbivores**. Example Cow, Goat, etc.
* Animals which eat only flesh of other animals are called as **Carnivores.** Example Lion, Tiger, etc.
* Animals which eat both plants and animals are called as **Omnivores**. Example Human beings.
* Animals that live on dead and decaying organisms are called as **Scavengers**. Example hyenas, vulture etc

Answer the following questions:

Q1.What do you mean by herbivores, Carnivores, and Omnivores. Give examples?

Q2.Name the food sources that we get from plants?

Q3.Name the food sources that we get from animals?

Q4.Why does plants and animals need food?

Unit 2: Components of Food

* **Nutrients**: Food Substances that provide nourishment to the body.
* The major nutrients in our food are **carbohydrates, proteins, fats, vitamins, and minerals.**
* In additions, food also contains dietary fibres and water.
* **Fats**: These are very high energy giving compounds. They produce greater amount of energy than carbohydrates.
* **Vitamins**: These are organic substances that protect the body from diseases.
* **Balanced Diet**: It provides all the nutrients that our body need, in right quantities, along with adequate amount of roughage and water.
* **Deficiency Disease**: These are the diseases caused due to lack of nutrients for a long period in the diet.
* Some Nutrients Deficiency disease are:
  + - Protein and carbohydrates**: Marasmus-Complete arrest of growth**.
    - Vitamin D: **Rickets-Bowed legs, bent spine, deformed bones and joints**.
* Vitamin C: **Scurvy – Bleeding and swelling of gums and weakness**.
* Iodine: **Goitre-Enlargement of thyroid gland, retarded growth.**
* Iron: **Anaemia-Fatigue, loss of appetite, pale skin.**

Answer the following questions

Q1. Name the major nutrients in our food?

Q2.What is balanced Diet?

Q3. Diseases caused due to deficiency of vitamin C and vitamin D?

Q4. Why do we need nutrients?

Unit 3: Separation of Substances

Methods of Separations:

Separation of solid from other solids:

* **Threshing**: Process by which grains are released from the chaff.
* **Winnowing**: Process of separation of heavier and lighter components of a mixture by wind or blowing air.
* **Hand**-**picking**: Process by which undesirable components by picked up by hand.
* **Sieving**: Process by which separate solid constituents of a mixture which differ in sizes.
* **Magnetic Separation**: Process by which magnet is moved over such a mixture, the magnetic material sticks to it and is removed.

Separation of water soluble salts:

* **Evaporation:** Process by which conversion of liquid state into gaseous state on heating.
* **Condensation:** Process by which conversion of gaseous state into liquid state on cooling.

Separation of Insoluble solids from liquid:

* **Sedimentation:** It allows heavier matter to settle down. Example sand, water.
* **Decantation:** The method of separating insoluble solids from liquid.
* **Loading:** The method by which fine particles are made to settle faster by dissolving a small quantity of alum.
* **Filtration:** The liquid that collects in the beaker is called filtrate.

**Answer the following questions**

Q1. What do you mean by Decantation?

Q2. What are the methods of separation of water soluble salts?

Q3. What is winnowing? Where it is used

Q4. How will you separate sand and water from their mixture? Name the method of separation?