

**As Per Latest
CBSE CURRICULUM**

ACTIVITY BOOK

SCIENCE

Class : VI

Name of School:

Name of Student:



ACTIVITY BOOK SCIENCE VI

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VALAVOOR P.O., PALA, KOTTAYAM, KERALA, PIN 686 011
Ph. 04822 258092, 258192, 09400859130, 09447331654
Email: kinferindia@gmail.com, info@kinfer.com, Web: www.kinfer.org

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				Follows instructions (Out of 2)	Ability to explain (Out of 2)	Approach (Out of 2)	Result/ Conclusion (Out of 2)	Viva Voce (Out of 2)		

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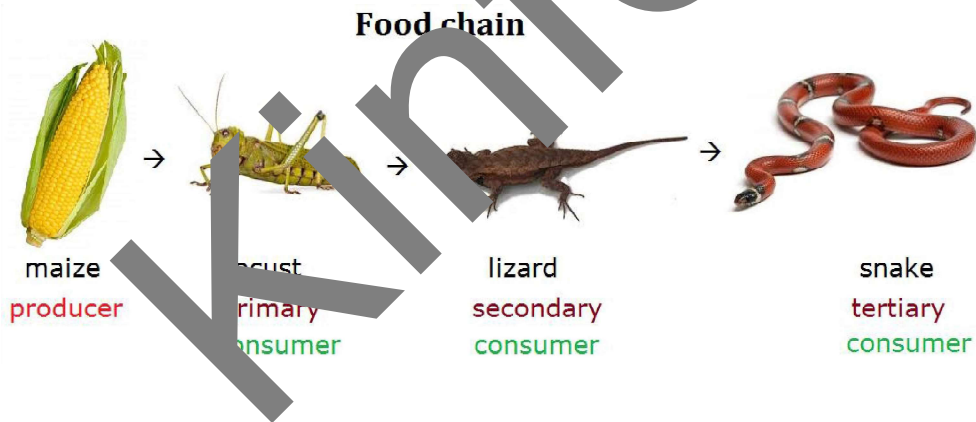
1. FOOD WHERE DOES IT COME FROM

ACTIVITY-1 : FOOD HABITS

To identify the food habits of different animals and construct a food chain/web to show their inter-relationship

Procedure

1. Visit a garden in your school/neighbour
2. List down as many animals as you observe like insects, frogs, lizards on the grass, plants, trees, pond etc.
3. Study their inter-relationships.
4. Make a food chain/food web to show their food habits
5. Sketch the diagrams to represent the food chain



ACTIVITY 2 : NUTRIENTS

To find out the nutrients present in different packed food (health drinks)

Procedure

1. Collect 5 packed items that are available in market.
2. Make a list of nutrients found in them.
3. Find out the amount of each of the nutrients present in them.
4. Note down your observations.
5. From your observations, which food items are good or not good for your health.

Packed Food	Nutrients Present	Good or bad for health
Kellogys-Corn Flakes	Carbohydrates 24gms for one cup, Fiber 0.9 gm, Vitamins: 100% Protein: 2.4 gm, Iron 8.1mg	Very Good for health Fat free

ACTIVITY-3 : CHEAPER ALTERNATIVE OF NUTRIENTS

To find out the cheaper alternative of health drinks.

Procedure

1. For the same nutrients find out the alternative natural source such as vegetable and fruits.
2. Calculate the cost of natural source of nutrients and compare it with that of the health drink.
3. Find out which one is the costlier.
4. Compare the readymade health drink and the vegetables/fruits in terms of cost and nutrients content.



Natural Drink		Artificial Drink		Observation
Item	Content	Item	Content	
Pineapple Juice	132 calories Vitamins Minerals	Pepsi Cola	Sugar, Flavours Colours	