

VASISHTHA GENESIS SCHOOL, BARDOLI
(Academic Session: 2026-27)

Date: _____
Name: _____

Class: 6

Div: _____

Roll No: _____

Sub: Science

Worksheet: Chapter- 2 & 3 (PT-1)

Revision W.S

Q1. Choose the correct option and answer the following questions:

- i. Under nourishment is a _____ intake of one or more nutrients.
(a) excessive (b) less (c) adequate (d) both a & c
- ii. Which of the following is caused due to the deficiency of vitamin-B1?
(a) Night blindness (b) Rickets (c) Beriberi (d) Goitre
- iii. Which of the following is caused due to the deficiency of Iodine?
(a) Night blindness (b) Rickets (c) Beriberi (d) Goitre
- iv. Very fine hair-like structure present in roots is called _____ which helps in the absorption of _____.
(a) Root hair, water and nutrients (b) Cilia, water
(c) Fibrous root, water and nutrients (d) Root thread, nutrients
- v. Animals that can live on land as well as in water are:
(a) Amphibians (b) Reptiles (c) Mammals (d) Arthropods
- vi. Plants that have seeds with one cotyledon.
(a) Monocot (b) Dicot (c) Singlecot (d) None
- vii. The soft, delicate and short plants with green stems are called _____.
(a) Shrubs (b) Trees (c) Herbs (d) Bushes
- viii. The outer hard covering of a seed is called _____.
(a) Pericarp (b) Pedicel (c) Cotyledons (d) Seed coat
- ix. Which one of these does have a taproot?
(a) Rose (b) Radish (c) Pea (d) All of these
- x. Protein deficiency causes _____ disease.
(a) Kwashiorkor (b) Anaemia (c) Beriberi (d) Marasmus

Q2. Fill in the blanks:

- i. _____ are called "Energy Bank" of our body.
- ii. Fibrous parts of vegetables, fruits and cereals are called _____.
- iii. _____ is a condition that lack some of the essential nutrients in the diet.
- iv. The method or technique of cooking food is called _____ practice.
- v. Animals like hens & ducks that give eggs or meat are called _____ animals.
- vi. _____ are small grained cereals that are rich in vitamins, minerals and dietary fibres.
- vii. Human cannot digest _____ form of carbohydrates.
- viii. Scurvy is caused due to deficiency of _____.
- ix. The distance travelled by food from farm to plate is called _____.
- x. The bones of ducks are _____ which makes their body _____ for floating water.

Q3. Answer the following questions in One word:

- i. If a plant has taproot, then leaves will show this venation. _____
- ii. Diseases that are caused due to lack of important nutrients in the diet over a long period of time. _____
- iii. Vitamin that gets destroyed during cooking due to heat. _____
- iv. Plants that have two cotyledons. _____
- v. A substance that helps RBCs to carry oxygen to different body parts. _____
- vi. This minerals helps in formation of Haemoglobin. _____
- vii. Arrangement of veins in a leaf. _____
- viii. Building blocks of the body. _____
- ix. The accumulation of excess fats in the body due to over eating. _____
- x. Diet that contains all nutrients in right amount along with water and roughage. _____

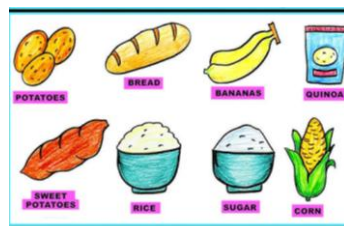
Q4. Answer the following questions:

- i. Name the type of nutrient requires for growth of the body part that is shown in following picture.



- ii. Name the type of nutrients that we obtain from food items show in the pictures.





- iii. What is adaptation?

- iv. Define: Succulent plant

