

HOLIDAY HOMEWORK

CLASS – VI (Science)

2026- 27



Dear Students,

The most waited time of the year is Summer Vacation; it's time for loads of fun, though we can't go out but we can engage ourselves creatively and will be able to look after our family members. We can also connect with our cousins and relatives virtually as we can't go to meet them.

Some points to be remember:

- ❖ Drink plenty of water to avoid dehydration.
- ❖ Make handwashing and hygiene a part of your routine.
- ❖ Spend your quality time reading newspaper, books and stories that will help you in increasing your vocabulary.
- ❖ Spend some quality time with an elderly person in the family/relatives.

General instructions that are to be followed:

- ❖ Download the holiday homework pages.
- ❖ Holiday homework should be your authentic creative work.
- ❖ Do the homework on loosed sheets (A4 size)
- ❖ Handwriting should be neat and legible

Revise all the explained chapters with questions and answers.

1. Assertion and Reason Two statements – an assertion (statement of fact) and a reason (explanation of assertion) are given. Choose the appropriate answer for each of the following pair of statements.

- (a) Both assertion and reason are true and reason is correct explanation of assertion.
- (b) Both assertion and reason are true and reason is not the correct explanation of assertion.
- (c) Assertion is true but reason is false.
- (d) Assertion is false but reason is true.

CHAPTER- 3 FOOD AND NUTRITION

i) Assertion(A): People living in coastal areas like Kerala and West Bengal primarily consume rice and fish.

Reason(R): These food items are easily available and locally produced in coastal regions.

ii) Assertion(A): We should include sufficient "roughage" (dietary fiber) in our daily meals.

Reason(R): Roughage provides essential vitamins and minerals that help the body fight against diseases.

iii) Assertion(A): Goitre is a disease commonly found in people living in the Himalayan region of India.

Reason(R): The soil and water in mountainous regions are often deficient in Iodine.

iv) Assertion(A): Pulses (Dal) are considered a "Body Building" food.

Reason(R): Pulses are a rich source of proteins, which are needed for growth and repair of the body.

v) Assertion(A): It is not healthy to eat only parathas or samosas every day.

Reason(R): A diet consisting of only one type of food can lead to deficiency diseases.

vi) Assertion(A): Roughage is an important component of food.

Reason(R): Roughage helps in digestion and prevents constipation.

vii) Assertion(A): Water is essential for our body.

Reason(R): Water helps in digestion, absorption, and transport of nutrients.

viii) Assertion(A): Deficiency of Vitamin A can cause night blindness.

Reason(R): Vitamin A is important for good eyesight.

ix) Assertion(A): Minerals are needed in small quantities in our body.

Reason(R): Minerals help in growth and proper functioning of the body.

x) Assertion(A): A balanced diet includes all nutrients in the right proportion.

Reason(R): Deficiency of nutrients over a long time can lead to diseases.

xi) Assertion(A): Scurvy is caused due to deficiency of Vitamin C.

Reason(R): Vitamin C helps in keeping gums and skin healthy.

xii)Assertion(A): Milk is considered a complete food for growing children.

Reason(R): Milk contains proteins, fats, vitamins, and minerals.

xiii) Assertion(A): Pulses like dal are good sources of protein.

Reason(R): Pulses help in building and repairing body tissues.

xiv) Assertion(A): Deficiency diseases occur due to lack of nutrients over a long period.

Reason: Eating a balanced diet can prevent deficiency diseases.

xv) Assertion(A): Rice and wheat are rich sources of carbohydrates.

Reason(R): Carbohydrates are needed for growth and repair of body.

CHAPTER- 6 THE WORLS OF MATERIALS

i)Assertion (A): Materials are grouped based on their properties.

Reason (R): Grouping makes it easier to study and use materials.

ii)Assertion (A): Metals are generally shiny.

Reason (R): Metals have lustre.

iii)Assertion (A): Wood is a transparent material.

Reason (R): Transparent materials allow light to pass through them.

iv)Assertion (A): Plastic is used to make handles of cooking utensils.

Reason (R): Plastic is a poor conductor of heat.

v)Assertion (A): Glass is used to make window panes.

Reason (R): Glass is transparent and allows light to pass through.

vi)Assertion (A): Materials that float on water are always light in weight.

Reason (R): Floating depends only on the weight of the object.

vii)Assertion (A): Iron objects sink in water.

Reason (R): Iron is heavier than water.

viii)Assertion (A): Cotton is a soft material.

Reason (R): Cotton can be compressed easily.

ix)Assertion (A): Chalk dissolves in water.

Reason (R): Soluble substances dissolve completely in water.

x)Assertion (A): Metals are good conductors of electricity.

Reason (R): Electric wires are made of metals like copper and aluminium.

2. As we have studied and understood about the importance of food and nutrition, we hope that now you know about the importance of balanced diet to keep our body healthy. Based on the topic the following activities are designed:-

Roll number 1- 20: Prepare an A3 size sheet on balanced diet, showing about the essential nutrients present in it with diagram.

Roll number 21 onwards: Prepare a table on the diseases caused by the deficiencies of various vitamins and minerals mentioning name of vitamin/mineral, its function, deficiency disease, and its sources.

3. Art integrated project on –