

KENDRIYA VIDYALAYA NO:II, PORT BLAIR

CLASS - VI

SUBJECT - SCIENCE

SUMMER VACATION HOMEWORK - 2023

1. What is food? write down importances of food?
2. What are the different sources of protein and fat?
3. What do you mean by nutrients?
4. Write notes on roughage?
5. What are the components of food?
6. Define the term ' Balanced diet'?
7. Write down different source of iodine?
8. What are the functions of protein?
9. What are the importances of sorting?
10. Explain different properties of material.
11. Prepare a list of foods of different states.
12. Write down different food items and their ingredients?
13. Make a list of different types of vitamins, their sources, deficiency diseases and symptoms.
14. Make a food pyramid of balanced diet.
15. Prepare a list of objects and their material.
16. Make a poster on "Save tree".
17. Prepare a diet chart to provide balanced diet to a twelve year old child.