

MARCH

Class-VI

Sub: Science

* Heavens & write in copy:

Q) What is balanced diet? What should it contain?

Ans: A diet that contains all the nutrients required by the body in the right proportion is called balanced diet.

It should contain:

Energy rich food: fats & carbohydrates

Tissue building food: proteins

Protective food: vitamins & minerals

Q) Why is it important to include roughage in our diet?

Ans: The importance of roughage are:-

i) adds bulk to the faeces & keeps it soft.

ii) Smooth movement of waste

iii) prevents constipation.

Q) What are deficiency diseases? What happens to children who do not get enough to eat?

APR 2001

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Ans: The diseases caused by the deficiency of nutrients are called ^(lack) deficiency diseases.
 Ex - goitre, night blindness

Children suffering from malnutrition do not grow properly. Both mental & physical growth is slow they also catch infections. They start looking old, their skin hangs in loose folds over a skeletal body.

Q. Write the differences between metals & non metals.

metals

- i) They are sonorous
- ii) They are good conductor of heat & electricity
- iii) They are generally solid.
- iv) They have a lustre
- v) They are ductile & malleable.

nonmetals

- They are not sonorous
- They are ~~metal~~ insulator of heat & electricity.
- They exist in all the three states
- They are lustreless.
- They are brittle & non-ductile

Ex - mercury, Sodium

Ex - carbon, iron

contd.

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MARCH

Science (V)

23
FRIDAY

Q) How are metals & non-metals used?

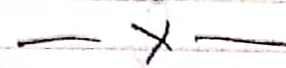
Ans: The uses of metals & non-metals are:

- metals
- i) Used in construction of houses, railway tracks, locomotives
 - ii) Used for making agricultural tools.
 - iii) Used in making utensils
 - iv) Used in making ornaments

- Non-metals
- i) Used in respiration (oxygen)
 - ii) Chlorine is used to kill germs in water.
 - iii) Sulphur is used in skin diseases
 - iv) Carbon is main constituent of coal.

Q) Describe how the fundamental particles are arranged in the atom?

Ans: At the centre of atom, there is a nucleus, which consists of protons & neutrons. And at a distance from the nucleus there are electrons revolving round it.



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