Brain International School
Vikas Puri, New Delhi

REVISION SHEET

SUBJECT: SCIENCE CLASS-VI TERM 2

Chapter -3: Mindful Eating : A Path to Healthy Body

1. Choose the correct option:

i. Which sense is NOT involved in mindful eating?
a) Taste b) Smell c) Hearing d) loud music
ii. Mindful eating helps us to:
a)Overeat food b) Feel hungry all the time
c)Know when we are full d) Waste food

2. In each of the following questions, two statements are given one labeled Assertion and the other labelled Reason (R). Select the correct answer to these questions from the codes (a), (b), (c) and (d) as given below:

Both A and R are true, and R is correct explanation of the assertion.

Both A and R are true, but R is not the correct explanation of the assertion.

A is true, but R is false.

Both assertion and reason are false.

Assertion: Mindful eating helps us stay healthy
Reason: It teaches us to eat slowly and listen to our body's hunger and fullness signals.

Assertion: Mindful eating encourages healthy food habits.
Reason: It helps us pay attention to what and how much we eat

3.Answer the following question.

1. What are proteins? Name any two food items that are a rich source of protein. Give the steps involved in the test for the presence of protein.

2. After testing the blood sample of a person, a doctor found low red blood cells. He prescribed a particular mineral supplement to the person. He also advised him to include certain food item in his diet.
(a) Which deficiency disease is he suffering from?

(b) Which mineral may be lacking in his diet?
(c) Give four food items that he should include in his diet.

3. Explain the importance of food for living organisms.

4. What are the significant differences between traditional and modern culinary practices?

4 . Answer the following case study-based question

A student of Class 6 usually eats meals very quickly and often while watching television. The food is not chewed properly, and attention is not given to taste or smell. Because of these habits, the student often feels stomach discomfort and tiredness after meals. After learning about mindful eating in class, the student starts sitting calmly during meals, eating slowly, chewing food well, and avoiding distractions. After following these habits for some time, the student feels healthier and more energetic.

1. What unhealthy eating habits did the student follow earlier?
2. Why did the student feel stomach discomfort and tiredness?
3. Mention any two mindful eating habits followed by the student.
4. How did mindful eating help the student?
5. What message does this case study give us?

Chapter-8 A Journey through states of water.

Choose the correct option:

i. In which case water seep through?
(a) utensil (b) plastic (c) sand (d) human body

ii. The process taking place at room temperature is
(a) water → vapour (b) water → steam
(c) water → ice (d) vapour → liquid

3. In each of the following questions, two statements are given one labelled Assertion and the other labelled Reason (R). Select the correct answer to these questions from the codes (a), (b), (c) and (d) as given below:

Both A and R are true, and R is correct explanation of the assertion.

Both A and R are true, but R is not the correct explanation of the assertion.

A is true, but R is false.

Both assertion and reason are false.

Assertion: The water in the earthen pot remains cooler than that kept in a plastic bottle.
Reason: Condensation is the process of conversion of water vapors to liquid on cooling.
Assertion: Ice cream kept outside the refrigerator gets melted.
Reason: The process of melting involves cooling.

3 .Answer the following question.

1. Which of the two- water in earthen pot or water in stainless steel pot will give cold water after being left for some time? Illustrate with another example.
2. What is water cycle?
3. During winters why do we see more fog in close areas where there are lots of trees?
4. Why is there a need for conserving water? Give two reasons.

4.Case study-based question.

One morning, a student kept a bowl of ice outside the refrigerator. After some time, the ice slowly changed into water. Later in the day, the bowl was kept under sunlight. After a few hours, the water level reduced. On another day, water was kept in the freezer and it again changed into ice. The student observed that water can change its form due to heating and cooling.

1. What change occurred when ice was kept outside the refrigerator?
2. Which process causes ice to change into water?
3. Why did the water level in the bowl reduce when kept under sunlight?
4. Name the process by which water changes into water vapour.

Chapter 9 Methods of Separation in everyday life

1.Choose the correct option:

i. Which of the following is an example of a homogeneous mixture?
(a) Sand and salt (b) Salad (c) Oil and water (d) Air

ii. Among the following methods, which would be most appropriate to separate grains from bundles of stalks?
a) Handpicking b) Winnowing c) Sieving d) Threshing

2. In each of the following questions, two statements are given one labelled Assertion and the other labelled Reason (R). Select the correct answer to these questions from the codes (a), (b), (c) and (d) as given below:

Both A and R are true, and R is correct explanation of the assertion.

Both A and R are true, but R is not the correct explanation of the assertion.

A is true, but R is false.

Both assertion and reason are false.

Assertion: When we wash pulses in water before using it for cooking, the process of sedimentation and decantation is being used.
Reason: Pulses being lighter than water, is decanted off.

Assertion: A mixture is a material made by mixing two or more substances.
Reason: The components of a mixture do not retain their original characteristics.

3. Answer the following Questions;

1. Explain the process to obtain clear water from a mixture of water and soil or sand.
2. How will you separate the mixture of oil and water? Explain the steps involved.
3. Name the property of the components used for separating the following mixtures:
   (a) salt and water
   (b) wheat and husk m iron fillings and saw-dust
   (c) iron filling and saw-dust
4. Mention the methods that can be used for the separation of the following mixtures:
   (i) wheat, sugar and husk
   (ii) rice, gram and iron fillings
   (iii) sand, black gram (urad) and husk.

4 .Case study based questions

Meera is helping her mother in the kitchen. She notices that the rice in the bag has some small stones mixed in it. Her mother tells her to pick out the stones before cooking. Later, while making tea, she finds that the tea leaves need to be separated from the liquid before drinking. In another instance, Meera pours muddy water into a filter and notices that clean water comes out, leaving dirt behind. Meera wonders how different substances can be separated in daily life.

1. What method did Meera use to remove stones from rice?

2. How were the tea leaves separated from the tea?

3. Name the process used to get clean water from muddy water.

4. If Meera had a mixture of sugar and sand, which method could she use to separate them?

5. Why is it important to know different methods of separation in daily life?

Chapter-10 Nature's Treasure

1. Choose the correct option:

i. What is the role of forests?
(a) Prevent soil erosion (b) Provide food, shelter, water, and medicines
(c) Prevent floods (d) All of these
ii. The important message conveyed by the Chipko movement is
(a) To ignore the community in forest conservation efforts
(b) To cut down forest trees for development activities
(c) To involve the community in forest conservation efforts
(d) To give government agencies the unquestionable right to order destruction of

2. In each of the following questions, two statements are given one labelled Assertion and the other labelled Reason (R). Select the correct answer to these questions from the codes (a), (b), (c) and (d) as given below:

Both A and R are true, and R is correct explanation of the assertion.

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A is true, but R is false.

Both assertion and reason are false.

Assertion: Fossil fuels are a renewable energy source.
Reason: Fossil fuels are present in the nature in limited quantity and cannot be produced more.
Assertion: Cutting down large areas of forest leads to the loss of biodiversity.
Reason: Forests are home to countless animals including birds and insects.

3. Answer the following questions.

1. What is rainwater harvesting, and how is it implemented in buildings?
2. How does the Sun contribute to the drying process of food items, such as chillies or mangoes?

3. Explain the difference between renewable and nonrenewable natural resources with examples.
4. How will you prove that air is a mixture of several gases and not a compound?

4 Case study Based Question.

Karan went on a school trip to a nearby forest. He noticed tall trees, flowing rivers, and fertile soil. The guide explained that these are natural resources that humans use to meet their needs.Karan saw people collecting fruits from trees, drawing water from the river, and using soil for farming. Later, he learned that some resources, like forests and cleanwater, can be exhausted if not used carefully.Karan realized that nature provides us with treasures that are useful but limited, and it is important to protect them.

1. Name two natural resources Karan observed in the forest.
2. Give one example of how humans use each of these resources.
3. Why should forests and water be used carefully?
4. What can happen if natural resources are overused?
5. Suggest one way Karan and his friends can help protect natural resources

Chapter 11 Living Creature : Exploring their Characterstic

1. Choose the correct option

i. Which of the following is not a product of excretion?

(a) Urine (b) Sweat
(c) Energy (d) Carbon-dioxide

ii. Which is not a requirement for germination of a seed?

(a) favourable temperature (b) light
(c) fertilizer (d) sufficient moisture

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A is true, but R is false.

Both assertion and reason are false.

Assertion : All living being respond to stimuli.
Reason : Mimosa plants fold its leaves when touched.

Assertion : Mosquito larva needs air and water to survive.
Reason: Mosquito larva stays on trees and goes into water to drink water.

3. Answer the following question:

1. What are stages of the life cycle of a bean plant?
2. What are the names of all the stages of the frog life cycle? Along with diagram.
3. Describe how Drosera plant catches insects.
4. Write any five character of living organism along with examples.

4 .Case study based question:

All living beings need food for their growth and development. Living beings take oxygen and release carbon dioxide during respiration. It helps to produce energy by breaking down food, which is necessary for the functioning of a healthy body. Plants also complete their respiration by tiny pores on their leaves called stomata. Animals only take in oxygen from the air on the other hand plants use oxygen from the air during respiration and also produce it through photosynthesis using sunlight. However, respiration occurs all the time in both plants and animals.

1. Which process helps in producing energy by breaking down food
2. Do plants only release carbon dioxide at night?
3. How do plants respire?

Chapter 12 Beyond Earth

1. **Choose the correct option.**

i. The Pole Star is found in the constellation called:
(a) Orion (c)Ursa Minor
(b) canis Major (d) Taurus
ii. Chandrayaan-3 landed successfully in:
(a) 2019 (b) 2008
(c) 2025 (d) 2023

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A is true, but R is false.

Both assertion and reason are false.

Assertion- The Sun is the center of the universe.
Reason-The universe consists of many galaxies beyond our solar system
Assertion- Stars appear to rise and set in the sky.
Reason-This is because the Earth rotates on its axis.

3. Case study-based question.

One evening, a group of students looked at the night sky. They noticed a bright object moving slowly across the sky. Their teacher explained that it could be a planet because planets move differently compared to stars. They also observed the Moon, which appeared different each night—sometimes full and round, sometimes a thin crescent. The teacher told them that the Moon does not produce its own light but reflects sunlight. Later, they learned that all the planets, the Sun, and the Moon are part of the solar system, with the Sun at the center.

1. Why did the teacher say that the bright moving object could be a planet and not a star?

2. Why does the Moon appear to change shape every night?

3. Does the Moon produce its own light? Explain.

4. Answer the following question

1. If there were no Sun, what would happen to the Solar System?

2. What is an artificial satellite? Give two examples.

3. Explain the characteristics of asteroids, including their size range, location in the Solar System and differences to other celestial objects.

4. How does a planet differ from a star?