

Science (Class-VI)

Learning Outcomes	Source/Resources	Week-wise Suggestive Activities (to be guided by Parents with the help of teachers)
<p>The learner</p> <ul style="list-style-type: none"> • Identifies food items and their ingredients; what animals are eating such as, squirrel eat nuts. • Classifies food materials and sources into different groups such as, fruits, vegetables, cereals etc.; animals into Herbivores, Carnivores and Omnivores; food as animal products or plant products. • conducts simple investigations to seek answers to queries, e.g., what are the nutrients present in honey? • relates processes and phenomenon with causes such as, making of sprouts and seed germination. • make efforts to protect environment such as, minimising wastage of food. • exhibits creativity in designing, planning, making use of available resources. • exhibits values of honesty, objectivity, cooperation, freedom from fear and prejudices. 	<p>Source: NCERT/State developed Science Textbook for Class VI E-Resources developed by NCERT, which are available on NROER and also attached as QR Code in textbooks of NCERT. NCERT <i>Science Laboratory Manual</i> at Upper Primary Stage http://ncert.nic.in/ncerts/1/fhelm202.pdf NCERT Science Exemplar Problems class VI http://ncert.nic.in/ncerts/1/feep201.pdf Link 1 https://nroer.gov.in/55ab34ff81fccb4f1d806025/page/58872e0d472d4a1fef81190f Link 2 https://nroer.gov.in/55ab34ff81fccb4f1d806025/page/5886fb11472d4a1fef810195 Link 3 http://aven.amritalearning.com/index.php?sub=99&brch=289&sim=1433&cnt=3271 Link 4 http://aven.amritalearning.com/index.php</p>	<p>Theme: Food</p> <p>WEEK 1</p> <ol style="list-style-type: none"> 1. The learner can be asked to observe different contexts and situations from the immediate environment such as things that are inside/outside their room/ kitchen/ house, etc. 2. The learner can prepare a list of food items available in the kitchen (with the help of an elder sibling). <p>WEEK 2</p> <ol style="list-style-type: none"> 1. The learners can make lists or menu charts containing dishes of their region generally prepared at their homes and discuss about it with family members/peers/ teachers. 2. The learners may be asked to watch Link 1 and make sprouts at home. They can use different cereals like <i>whole moong</i>, black gram, <i>rajma</i>, etc., for making sprouts. 3. The learner can draw on chart paper the items they eat for their meals (breakfast, lunch and dinner). <p>WEEK 3</p> <ol style="list-style-type: none"> 1. The learner may be asked to watch Link-2 and use available resources at home such as, books, journals, internet, etc. to search for methods to test the following food components: <ul style="list-style-type: none"> • Protein • Starch • Fat 2. The learner may be asked to take some groundnut powder / coconut powder. He/ she should wrap it in a piece of paper and press on it gently,

- identifies components of food present in your diet.
- Classifies components of food into starch, protein and fat; diseases/disorders caused by deficiency of vitamins and minerals.
- conducts simple investigations to seek answers to queries, e.g., what are the nutrients present in salt?
- draws labelled diagrams / flow charts of food items they eat.
- relates processes and phenomenon with causes such as, deficiency diseases with diet.
- applies learning of scientific concepts in day-to-day life, e.g., selecting food items for a balanced diet.
- makes efforts to protect environment such as, minimising wastage of food.
- exhibits creativity in designing, planning, making use of available resources.
- exhibits values of honesty, objectivity, cooperation, freedom from fear and prejudices.

[?sub=99&brch=289&sim=1433&cnt=3272](http://aven.amritalearning.com/index.php?sub=99&brch=289&sim=1433&cnt=3272)

Link 5

<http://aven.amritalearning.com/index.php?sub=99&brch=289&sim=1433&cnt=4185>

Link 6

<http://aven.amritalearning.com/index.php?sub=99&brch=289&sim=1433&cnt=3273>

taking care that the paper does not tear. He/ she should observe the paper carefully.

- An oily patch on paper shows that the food item contains fat.
 - If no oily patch, it means the food item does not contain any fat.
3. The learner may be asked to read the paragraph on balanced diet In NCERT Science textbook and prepare a chart/collage containing items present in a balanced diet.
 4. The learner may be asked to take a tomato or a fruit such as an apple. He/she may cut it into small pieces (take precaution/ under observation of elder). Do your hands get wet while doing so? (many food materials contain water in themselves).
 5. The learner may use different food items but take care not to waste food material.

WEEK 4

The learner may be asked

- In your kitchen, there are variety of food items, classify it into healthy and junk food items?
- Take one packaged food product of your kitchen and observe its packet carefully such as:
 - Manufacturing date
 - Expiry date
 - Vegetarian/non-vegetarian
 - Ingredients present in it
 - Any other information

Note down all the information and discuss with your family/peer/ teacher.

- Read and watch 3, 4, 5 and 6 links /documents and perform the task mentioned in the videos carefully.