



**BK BIRLA CENTRE FOR EDUCATION**  
**SARALA BIRLA GROUP OF SCHOOLS**  
**SENIOR SECONDARY CO-ED DAY CUM BOYS' RESIDENTIAL SCHOOL**  
**PRE MID TERM TEST 2024-25**  
**SCIENCE (086)**



**Class : VI**  
**Date : 05.08.24**  
**Admission No.:**

**MARKING SCHEME**

**Duration: 1 Hr**  
**Max. Marks: 25 marks**  
**Roll No.:**

**Section–A**

- |                        |   |
|------------------------|---|
| 1. d) All of them      | 1 |
| 2. b) D                | 1 |
| 3. d) Both (b) and (c) | 1 |

**Section– B**

4. The importance of the following vitamins in our body are :
- |   |        |
|---|--------|
| (a) Vitamin E : Essential for general fitness and good skin |        |
| (b) Vitamin C : helps to fight diseases.                    | 1+1= 2 |
5. Vitamins and minerals are the Protective food. 1
- Two Examples are Vitamin A,B, C,D (any one)
- Minerals are calcium, magnesium, sodium (any one) ½ +½=1
6. Nutrients present in food are Carbohydrates, proteins ,fats, Vitamins and minerals 2
7. Give Reason
- (i) Roughage must form an important part of our diet because
- |   |   |
|---|---|
| (1) It adds to the bulk of undigested food. |   |
| (2)Helps in bowel movements (any one)       | 1 |
- (ii) Use of excess water while cooking is not desirable because it leads to nutrient loss, flavour dilution,  
Spoils the taste of food. 1
8. Two cautions that one should take before cooking food:
- |   |   |
|---|---|
| 1. Should not use excess water                    | 1 |
| 2. Overheating and over boiling should be avoided | 1 |

### Section– C

9. Due to deficiency of minerals in our body.

1. deficiency of Ca causes weak bones and teeth.

2. deficiency of magnesium causes muscle cramps ,weakness in heart and muscles

3. deficiency of iron Anaemia (lack of blood.)

1+1+1=3

10. (i) Test For presence of fat in a food sample:

Ethanol is added to oil which turns cloudy or oilseeds (ground nut ) to be crushed on paper.

Transparent oil patches are seen on paper.

1

(ii) Water soluble vitamins are Band C and fat soluble vitamins are A,D ,E,K

1+1=2

11. To Test the presence of starch in a food sample :

Procedure - Add Iodine solution to starchy food .

Obsevation: it turns Blue-black Colour

Result :Then starch is present .

1+1+1=3

12. To keep our bones and teeth healthy we should eat (Any 3)

1.We should Brush and keep teeth clean.

2. Calcium rich foods like milk, egg.

3. Fluorine rich foods like sea foods .

4. Phosphorous rich foods like Banana, orange, fish, etc.

1+1+1=3

xxxxxxx Good Luck xxxxxxxxxx

