



BURARI PUBLIC SCHOOL
... a venture with **UNIQUE**

PERIODIC TEST-II (2026-27)

CLASS – VI

SUBJECT - SCIENCE

Date _____

M.M:40

NAME: _____ ROLL NO - _____ T. SIGN _____

GENERAL INSTRUCTIONS:

- All questions are compulsory.
- Handwriting should be neat and clean.
- This Question paper is divided into four sections - A, B, C, and D
- **Section A** Question No. 1 to 10 are multiple choice type questions and Assertion Reason based. Each question carries 1 mark.
- **Section B**-Question No. 2 are very short answer type questions. Each carry 2 marks.
- **Section C**-Question No. 3 are long answer type questions. Each carry 3 marks.
- **Section D** Question No. 4 is case based question of 5 marks.
- **Note:**
As per the guidelines of the New Education Policy (NEP), this holiday homework assessment will be conducted as an Open Book Assessment. Students are encouraged to refer to their textbooks, notebooks, and other learning resources while completing the assignment. The focus of this assessment is on understanding, application, and expression of ideas rather than rote learning. Students are advised to maintain honesty and originality in their work.

SECTION- A (1 × 10 = 10 Marks)

Q-1 Tick (✓) the correct option:-

1. Which of the following is a living thing?

- a) Rock
- b) Tree
- c) Water
- d) Air

2. Which characteristic is common in all living organisms?

- a) They do not grow

- b) They need food
- c) They cannot move

d) They do not reproduce

3. Which group do plants belong to?

a) Non-living

b) Living

c) Artificial

d) None

4. Mindful eating means:

a) Eating quickly

b) Eating while watching TV

c) Paying attention to what you eat

d) Skipping meals

5. Which of the following is a healthy eating habit?

a) Overeating

b) Eating junk food daily

c) Eating balanced diet

d) Skipping breakfast

6. Which nutrient gives us energy?

a) Vitamins

b) Minerals

c) Carbohydrates

d) Water

7. Eating too much junk food can lead to:

a) Good health

b) Strong immunity

c) Health problems

d) Better digestion

8. Which of the following is a mindful eating practice?

- a) Eating slowly
- b) Eating in a hurry
- c) Eating without chewing
- d) Eating while playing

Given below are two statements as Assertion (A) and Reason (R). Read the Assertion and Reason and choose the appropriate answer.

9. Assertion: The trees in cold regions are cone shaped and have needle like leaves.

Reason: Snow slides off easily from cone shaped trees.

10. Assertion: Eating slowly helps in better digestion.

Reason : Digestion begins in mouth where food is properly chewed and mixed with saliva.

- 1.Both A and R are true and R is the correct explanation of A.
- 2.Both A and R are true, but R is not correct explanation of A.
- 3.A is true but R is false.
- 4. A is false but R is true.

SECTION-B (2 × 5 = 10 Marks)

Q-2 Answer the following questions in brief :-

- 1. Why is it important to include fruits and vegetables in our diet?
- 2. What are the harmful effects of eating junk food regularly?
- 3. Differentiate between terrestrial and aquatic animals.
- 4. Picture based question:



Observe the given picture and answer the following questions:

- a. Why are the leaves of this plant modified?
- b. What is the role of fleshy stems in this plant?

5. Why is breakfast called the most important meal of the day?

SECTION-C (5× 3 = 15 Marks)

Q-3 Answer the following questions in details:-

1. How do the features of lion help it to survive in grassland habitat?
2. What is magnet? Name any two objects that are attracted by a magnet.
3. Draw a well-labeled diagram of “different types of magnets”.
4. What happens when:
 - a) North pole is brought near South pole
 - b) North pole is brought near North poleExplain with reason.
5. How does a balanced diet help prevent deficiency diseases?

SECTION-D (1 × 5 = 5 Marks)

Q-4 Read the case study carefully and answer the following questions given below:-

Riya is a student of Class 6. She often eats her meals while watching TV and finishes her food very quickly without chewing properly. She also prefers eating chips and chocolates instead of fruits and home-cooked meals. Recently, she started feeling tired, had stomach discomfort, and found it difficult to concentrate in class.

Her friend Ayaan follows healthy eating habits. He eats slowly, chews his food properly, includes fruits and vegetables in his diet, and avoids junk food. He feels active and performs well in his studies.

Questions:

1. What unhealthy eating habits does Riya follow?
2. Why is Riya facing health problems?
3. What healthy habits does Ayaan follow?
4. How does mindful eating help in maintaining good health?
5. Suggest any two changes Riya can make to improve her eating habits.