

Alternate Academic Calendar of 2021-22

Class:-6

month- August 2021

Subject:-Science

Sl. No.	Month /Week	Important Learning competencies	Learning activities	Evaluation
1.	August First week	Classifying foodstuffs into plant and animal Origin.	1. advise students to complete Activity sheet 1 with the help of parents. Let the children list food items they consumed that day. Let them name the food constituents	Solve Text book exercise from page No. 1 to 5
			2. Let the children write the list of food constituents done in activity 1sheet in activity 2	
			3. find out which part of the plant do we use as food and write in activity sheet 3.	
2.	Second Week	Get to know food habits of animals	1.Suggest the students to stick pictures of animals and their food habits in activity sheet 4.	Tell the children to collect the picture of Herbivorous, Carnivorous and Omnivorous and prepare an Album
			2. Classify Herbivorous, Carnivorous and Omnivorous in activity sheet 5.	

		Develop an attitude of using food in right manner	3. in activity sheet 6. Find out the situations where food is wasted. Find out ways in which food can be used without wasting it.	We shouldn't waste food why?
3.	Third week	Students think about How nutrients can be gained.	1.send important video of food nutrients, tell them to watch the video and after watching the video, tell them to make a map of which nutrient they get from particular food. https://www.youtube.com/watch?v=bS2cGRQPhoA	Text Book exercise 5. (Page No.12)
			2.Suggest to write activity sheet 1. of which Nutrient is present in each food item	
			3. Give them a plan to prepare a chart of food and the constituents present in that food item	
4.	Fourth week	Taking Precautions to not get diseases if there is a deficiency of food items.	1.tell them to watch the Video of Nutritional deficiencies and the diseases caused by them and Precautions to be taken. https://www.youtube.com/watch?v=bS2cGRQPhoA	Text Book Page 9 to 14 exercise to be done
			2.tell them to answer the questions related to nutrients in activity sheet 8.	
			3.tell them to write and match in activity sheet 9. The Diseases caused by deficiency of nutrients.	Text books are available at D.S.E.R.T. Website

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Activity Sheet – 1

Food - Where does it come from?

Foodstuff	Ingredients in foodstuffs
1.Palau and Curd Salad	Rice, Beans, Carrot, Potato, kohlrabi, Clove, Cinnamon, Chilli, Onion, Oil, Ginger, Tomato, Garlic, Water, Ghee, Curd
2.	

Dear student, I have written about the components of the foodstuff and Ingredients in foodstuffs that are available, make a note of foodstuffs and Ingredients in foodstuffs in your snacks and lunch components you ate today. if needed Get your parents help.












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Activity Sheet – 4 Food - Where does it come from?

Sl. No.	Name of the animal	Picture of the food which they eat
1.	Buffalo 	
2.	Cat 	
3.	Rat 	
4.	Lion 	
5.	Spider 	
6.	Scorpion 	
7.	Butterfly 	
8.	House Lizard 	
9.	Fish 	
10.	Ant 	
11.	Eagle 	

Dear student, in the above list, name of the animals and pictures are given. Watch the animals feed, Then paste the picture of the food which they eat into the next Box. if needed Get your parents help.

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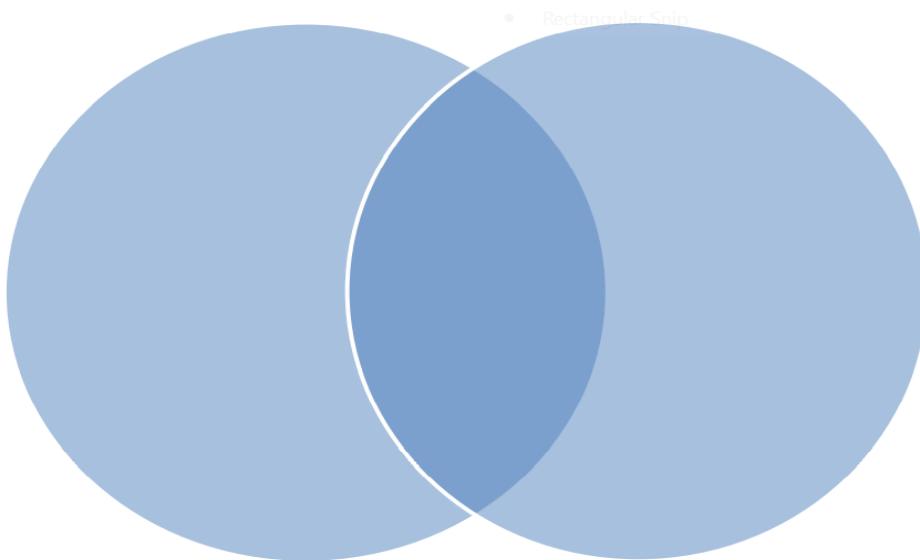
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Activity Sheet – 5

Food - Where does it come from?

Classify the following into Herbivorous, carnivorous and Omnivorous animals

Goat, Buffalo, Tiger, Bear, Dog, Rabbit, Deer, Man, Crow, Cat, Elephant, Fox, Donkey, Lion






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Activity Sheet – 6

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Food - Where does it come from?

Scenarios where food is wasted	Causes of food Wastage	tips to help you avoid wastage of food in this situation
		
		
		

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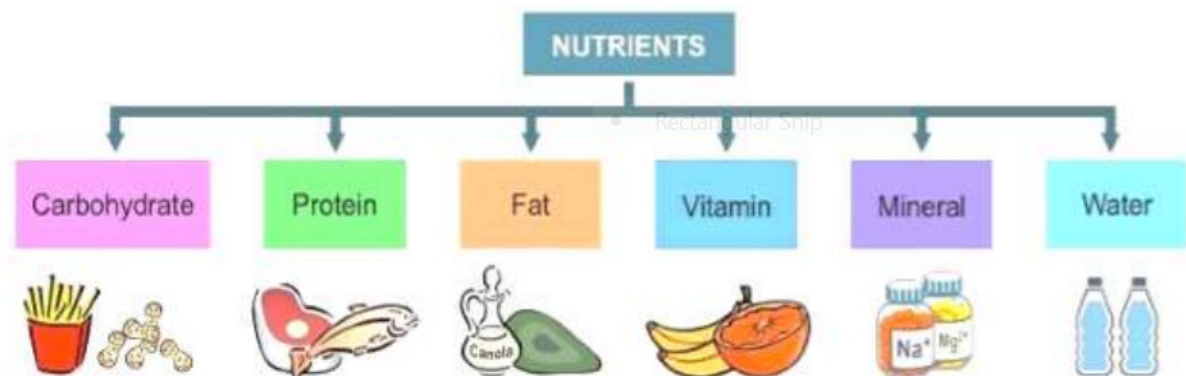
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Activity Sheet – 7

Constituents of food

Nutrients	Foodstuffs/ sources	Uses of nutrients
Carbohydrates		
Proteins		
Fats		
Vitamin A		
Vitamin B		
Vitamin C		
Iron		
Iodine		



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Activity Sheet – 8

Constituents of food

Answer the following questions.

1. You are growing day by day Right? which nutrient is supporting to your growth?
2. Imagine blood is bleeding in your friends gums, This disease comes from Deficiency of which nutrients?
3. The baby's neck is appearing swelling. This disease may be caused due to the deficiency of which nutrient.
4. My friend Is suffering from fatigue. Which nutrient deficiency he may had.
5. Which nutrient to be given a person is suffering from Night blindness?
6. Which is the main nutrient available in milk?
7. Why Athletes will Use more Cashew nuts, Grapes and Almonds?

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Activity Sheet – 9

Constituents of food

Match the nutrients given in column A with the deficiency diseases given in Column B

Column A

1. Vitamin 'A'
2. Vitamin 'B'
3. Vitamin 'C'
4. Vitamin 'D'
5. Iodine
6. Calcium
7. Iron
8. Fats and Oils

Column A

1. Anaemia
2. Goiter
3. Night Blindness
4. Beriberi
5. Rickets
6. Impotence
7. Scurvy
8. Erosion of bones