



**INDIAN SCHOOL MUSCAT**  
**DEPARTMENT OF SCIENCE – MIDDLE SECTION**  
**SCIENCE PROJECT 2019 – 2020**



**CLASS: 6**

**TOTAL MARKS: 10**

**Date of Submission: 20<sup>th</sup> August, 2019**

**TOPIC:      1) FOOD, WHERE DOES IT COME FROM?**  
**2) GARBAGE IN, GARBAGE OUT**

**Topic: Food, Where does it come from?**

**Introduction:** *Food is one of the essential things required by all living things. Food is needed for growth and development. Without food a living organism will stop growing. So the need of the hour is to be aware of the kind of food that should be eaten to keep oneself fit and healthy.*

*Hunger erodes willpower and that's the reason most diets fail. Pay attention to food quality rather than "The 'calorie in, calorie out' approach. Everyone must become aware of the calories they consume, especially those from beverages, sweets, and other calorie-dense foods."*

*"A person can eat almost anything they want, but the portion size has to be appropriate. For example, eat dinner on a salad plate rather than on a dinner plate to cut the portion size in half."*

*The simple message is to eat a healthy diet and to engage in more moderate-to-vigorous physical activity.*

*Food is consumed according to the lifestyle of a person. India is a large country and is known for its love for good food and spices. It plays an important role in the everyday life as well as in festivals.*

*Indian food varies from region to region reflecting the cultural diversity of the country. Food habits in India have been influenced by Persians, Mughals and European colonists.*

**Project:**

1. On a political map of India, name and shade the state you belong to.

In a box mention the main food items consumed.

**1 mark**

**For Example:**

The main food consumed by the people of Gujarat is Chapatti, rice, dal, thepla, dhokla, khandvi ...etc.

2. Collect pictures or photographs of common food items eaten in your state and paste them neatly on A4 size papers. Add as much information as possible about the kind of food eaten.

**1 mark**

3. Name two edible plants that grow in water.

Stick pictures or photographs of such plants.

**1 mark**

4. Which type of food is comparatively healthy to eat? What type of food should be avoided and why?

**1 mark**

5. Based on their feeding habits animals are grouped into herbivores, carnivores and omnivores. Prepare a collage showing the different kinds of food eaten by animals living in different environment.

**1 mark**

## TOPIC: 2 - GARBAGE IN, GARBAGE OUT

### **Introduction:**

*The waste material that we throw in the dustbin is called garbage. Garbage is generated from our everyday activities.*

- 1. Garbage from domestic waste – peels of fruits and vegetables, left-over food, packing material, plastic items. Old clothes, broken furniture, old newspapers.....etc.*
- 2. Garbage from schools, offices, roads, shops and hospitals.*
- 3. Garbage from factories and industries.*

*Every time we throw away something, we create garbage. The world generates at least 3.5 million tons of plastic and other solid waste a day, 10 times the amount a century ago, according to World Bank researchers. Correct disposal of garbage is essential to keep our surroundings clean and free of diseases. Garbage if not treated properly can harm all living beings. Generation of garbage is unavoidable but it can be reduced by following the 3R's – Recycle, Reuse and Reduce.*

### **Plastic – Boon or a curse:**

*Plastic is light, unbreakable, shock proof, easy to carry and can be moulded into any shape. It has many uses but it is not easy to dispose off because it does not rot or decompose (non-biodegradable). Burning of plastic produces harmful gases and not all plastic can be reused or recycled. Even though plastic is a necessity in our daily life, we can reduce the harmful effects of plastic. Think about it!*

### **Project: Choose any one activity.**

**5 marks**

**Mention four ways to minimize the Overuse of Plastic.** Paste pictures to highlight your views.

**Or**

**Wealth Out Of Waste :** Using waste materials like old and discarded objects , glass bottles, plastic bottles, wool, used greeting cards.... make something useful. Be creative and innovative in the making and the presentation of your project.

### **Important points to be noted:**

The assignment should be **hand written** and submitted in a file or a folder. Your name, class, section and roll number should be written neatly on the cover. There should be an index page in the beginning. The pages should have margins on all four sides. Avoid the use of sketch pens. Your project should not exceed 10 pages. The pages should not be covered with any kind of plastic sheets so that they will be easily accessible for correction and marking. You should write in your own words and not copy the matter from the source into your project.

### **Evaluation Criteria:**

1. Neatness
2. Relevance of pictures
3. Accuracy of facts
4. Submission on time

### **References:**

1. NCERT – SCIENCE Textbook for class VI
2. <http://www.everynutrient.com/vegetable-nutrition-facts.html>
3. <http://www.livestrong.com>
4. <http://wisegeek.com>