



K.C INTERNATIONAL SCHOOL,G N WEST

STD 6

SCIENCE

SUMMER VACATION HOME WORK(MAY 2021)

1).Make a diet chart for following

A). A boy/ girl of 13 years.

B).Your grandparents.

2).Collect several plant food products from your kitchen and mention nutritional information about it in a tabular form.

3).From your mom's kitchen gather 5 vegetarian food rich in following

A). Carbohydrates

B).Fats

C). Protein

D). Vitamins

E). Minerals.

F). Roughage.