

BCM SCHOOL BASANT AVENUE, DUGRI, LUDHIANA



CLASS -VI

SUBJECT – SCIENCE

CHAPTER -3 MINDFUL EATING -A PATH TO HEALTHY BODY

CHAPTER -4 EXPLORING MAGNETS

DATE- 19 MAY 2026.

ASSIGNMENT -1

MCQS

1. A person has developed a condition where their bones fracture easily and they have a 'bow-legged' appearance. Which of the following combinations of food and lifestyle change would be most effective?

- A) Eating more citrus fruits and exercising indoors.**
- B) Consuming milk and dairy products and spending time in morning sunlight.**
- C) Increasing intake of green leafy vegetables and drinking more water.**
- D) Eating more rice and pulses and avoiding physical activity.**

2. A student hangs a bar magnet freely from a wooden stand. When the North pole of another magnet is brought near the end of the suspended magnet pointing towards the North, what will be observed?

- A) The suspended magnet will rotate towards the second magnet.**
- B) The suspended magnet will move away from the second magnet.**
- C) The suspended magnet will lose its magnetic property.**
- D) Nothing will happen.**

ASSERTION -REASON

a) Both assertion (A) and reason(R) are true and (R) is the correct explanation of assertion (A).

(b) Both assertion (A) and reason(R) are true, but reason (R) is not the correct explanation of assertion (A).

(c) Assertion (A) is true, but reason (R) is false.

(d) Assertion (A) is false, but reason (R) is true.

3. Assertion (A): Fats should be eaten in very large amounts daily.

Reason (R): Excess fats may lead to obesity.

4. Assertion (A): The poles of a magnet cannot exist separately.

Reason (R): Breaking a magnet produces smaller magnets with both poles.

5. Riya went on a trekking trip with her father. They carried a magnetic compass to find directions in the forest. The compass needle always pointed in the north-south direction.

What is present inside a magnetic compass?

6. Anaya skips breakfast before going to school and feels sleepy in class.

Why is breakfast important?

7.Sia rubbed an iron nail with a magnet several times in one direction. Later, the nail started attracting pins.

Why did the nail attract the pins?

8. The doctor advised Rahul to eat more green leafy vegetables because he looked pale.

Which deficiency might Rahul have?

9. What do you understand by the term 'Food miles'? Reducing food miles is important.Why?

10. CASE STUDY

Anaya bought a new pencil box with a magnetic lock. She noticed that the lid closed automatically when brought near the box. Curious to learn more, she tested different objects like a coin, iron nail, aluminium foil, paper clip, and rubber band using a magnet. She found that only some objects were attracted. Her teacher explained that magnets attract only magnetic materials and have special properties useful in daily life.



Q1: Why did the pencil box close automatically?

Q2: Why was the rubber band not attracted by the magnet?

Q3: Name one daily-life object that uses magnets.