

CBSE CLASS 6 — SCIENCE

Chapter 3: Mindful Eating — A Path to a Healthy Body

Practice Worksheet — Set 1

Name:

Section:

Date:

A. Multiple Choice Questions

Tick (✓) the correct option.

1. Which food component is called the 'body-building' food?
(a) Carbohydrates (b) Proteins (c) Fats (d) Vitamins
2. Scurvy is caused due to the deficiency of:
(a) Vitamin A (b) Vitamin B1 (c) Vitamin C (d) Vitamin D
3. Which of these is a good source of carbohydrates?
(a) Chicken (b) Wheat (c) Butter (d) Fish
4. The traditional stove used for cooking in earlier times is called a:
(a) Chulha (b) Sil-batta (c) Grinder (d) Oven
5. Which mineral helps prevent goitre?
(a) Iron (b) Calcium (c) Iodine (d) Sodium
6. A blue-black colour formed with iodine solution indicates the presence of:
(a) Fat (b) Protein (c) Starch (d) Vitamin
7. Which of the following is NOT a millet?
(a) Jowar (b) Bajra (c) Ragi (d) Rice
8. Deficiency of Vitamin D causes:
(a) Scurvy (b) Rickets (c) Anaemia (d) Goitre
9. Roughage is also known as:
(a) Protein (b) Dietary fibre (c) Starch (d) Fat
10. Which food component gives instant energy, as in the case of glucose water given to marathon runners?
(a) Protein (b) Carbohydrate (c) Iron (d) Calcium

B. Fill in the Blanks

1. Carbohydrates and fats are called _____ foods.
2. Proteins are called _____ foods because they help in growth and repair of the body.
3. The deficiency of Vitamin C causes a disease called _____.
4. _____ salt is common salt mixed with the required quantity of iodine.
5. A blue-black colour formed on adding iodine solution shows the presence of _____.
6. _____ are small-sized, highly nutritious grains also called nutri-cereals.
7. The traditional stone tool used for grinding food was called a _____.
8. Vitamins and minerals are also called _____ nutrients.
9. Dietary fibre is also known as _____.
10. The distance travelled by a food item from the farm to our plate is called its _____.

C. True or False

1. Fats provide energy and are called energy-giving foods. ()
2. Vitamin C deficiency causes rickets. ()
3. Iodised salt helps prevent goitre. ()
4. Millets cannot be grown in different climatic conditions. ()
5. Roughage provides a lot of energy to our body. ()
6. Junk food is rich in proteins, vitamins and minerals. ()
7. The sil-batta was used for grinding food. ()
8. Water helps remove waste from the body through sweat and urine. ()
9. Cooking practices have remained the same throughout history. ()
10. A balanced diet provides all essential nutrients in the right amounts. ()

D. Answer in 2 Lines

1. What is meant by a balanced diet?

2. Name two sources of carbohydrates.

3. Why are proteins called body-building foods?

4. What is roughage? Name two of its sources.

5. Name the disease caused by the deficiency of Vitamin D and give one of its symptoms.

6. What change would you observe on a piece of paper pressed against a food item that contains fat?

7. Why do we prefer eating laddoos as part of our traditional diet in winter?

8. What is iodised salt?

9. Give two examples of millets.

10. Why should we not waste food?

E. Write Short Notes

Answer each of the following in about 5-8 lines.

1. Write a short note on the food components carbohydrates and fats.

2. Explain how cooking practices have changed over time.

3. Describe the test for detecting starch in food items.

4. Write a short note on vitamins and minerals as protective nutrients.

5. What are millets? Why are they considered a healthy choice of food?

ANSWER KEY

Chapter 3: Mindful Eating — Set 1

A. Multiple Choice Questions

1-(b) 2-(c) 3-(b) 4-(a) 5-(c) 6-(c) 7-(d) 8-(b) 9-(b) 10-(b)

B. Fill in the Blanks

1. energy-giving
2. body-building
3. scurvy
4. Iodised
5. starch
6. Millets
7. sil-batta
8. protective
9. roughage
10. food miles

C. True or False

1. True
2. False — Vitamin C deficiency causes scurvy.
3. True
4. False — Millets can be easily cultivated in different climatic conditions.
5. False — Roughage does not provide any nutrients/energy; it helps in smooth passage of stools.
6. False — Junk food is low in proteins, vitamins, minerals and fibre.
7. True
8. True
9. False — Cooking practices have changed significantly over time.
10. True

D. Answer in 2 Lines

1. A balanced diet is a diet that has all essential nutrients, roughage and water in the right amounts, needed for proper growth and development of the body.
2. Wheat, rice, maize, potato and banana are good sources of carbohydrates.
3. Proteins are called body-building foods because they help in the growth and repair of body tissues and muscles.
4. Roughage (dietary fibre) does not provide nutrients but helps in the smooth passage of stools. It is found in fruits, vegetables, wholegrains and pulses.
5. Rickets is caused by the deficiency of Vitamin D. Its symptom is soft and bent bones.
6. The paper develops an oily patch, and when held against light, the light shines faintly through the patch.
7. Laddoos contain ghee, nuts and seeds, which are rich in fat and provide energy to keep the body warm in winter.
8. Iodised salt is common salt mixed with the required quantities of iodine salts, and it helps prevent goitre.
9. Jowar, bajra, ragi and sanwa are examples of millets.

10. Wasting food ignores the time and effort taken by farmers to grow it and increases food scarcity and pollution; we should take only as much as we can eat.

E. Short Notes

1.

Carbohydrates and fats are both energy-giving foods. Carbohydrates, such as those found in wheat, rice, maize, potato and fruits like banana and mango, are the primary source of energy in our diet; sugar and glucose are also carbohydrates. Fats, found in ghee, oils, nuts and seeds like groundnut, walnut and coconut, are a source of stored energy and can come from both plants and animals. Together, carbohydrates and fats give the body the energy it needs to carry out daily activities.

2.

Cooking practices, also called culinary practices, have changed a lot over time. Earlier, most cooking was done using a chulha, and grinding was done manually using a sil-batta. Nowadays, most people use a modern gas stove for cooking and an electrical grinder for grinding. These changes have happened mainly due to technological development, improved transportation, and better communication, which have made food preparation faster and more convenient.

3.

To test for starch, take small pieces of different food items and place them on separate dishes. Add 2-3 drops of diluted iodine solution to each item using a dropper. Observe the colour change. If the food item turns blue-black, it indicates the presence of starch. Food items like potato, boiled rice and bread usually turn blue-black, showing that they contain starch.

4.

Vitamins and minerals are known as protective nutrients because they protect our body from diseases and keep us healthy, even though they are needed only in small amounts. Vitamins such as A, B1, C and D, and minerals such as calcium, iodine and iron, each perform specific functions, like keeping eyes and skin healthy, supporting bones and teeth, and helping the body fight infections. Their deficiency over a long time leads to diseases like night blindness, rickets, scurvy and goitre.

5.

Millets, such as jowar, bajra, ragi and sanwa, are small-sized, native Indian grains that can be easily cultivated in different climatic conditions. They are called nutri-cereals because they are rich sources of vitamins, minerals like iron and calcium, and dietary fibre. Because millets contribute significantly to a balanced diet and support the normal functioning of the body, they are considered a healthy food choice, and they have regained popularity in recent years.