

CBSE CLASS 6 — SCIENCE**Chapter 3: Mindful Eating — A Path to a Healthy Body****Practice Worksheet****Name:****Section:****Date:****A. Multiple Choice Questions***Tick (✓) the correct option.***1. Deficiency of Vitamin A can cause:**

- (a) Night blindness (b) Rickets (c) Scurvy (d) Goitre

2. Anaemia is caused due to the deficiency of:

- (a) Iron (b) Calcium (c) Iodine (d) Vitamin C

3. Which food test uses copper sulfate solution and caustic soda solution?

- (a) Starch test (b) Fat test (c) Protein test (d) Vitamin test

4. Which of the following is an animal source of protein?

- (a) Gram (b) Peas (c) Egg (d) Soya bean

5. Beriberi is caused due to the deficiency of:

- (a) Vitamin B1 (b) Vitamin C (c) Vitamin D (d) Iodine

6. The distance travelled by a food item from the farm to our plate is known as its:

- (a) Food chain (b) Food miles (c) Food web (d) Food cycle

7. Which of these is an example of junk food?

- (a) Roasted chana (b) Boiled gram (c) Potato wafers (d) Fresh fruit

8. Millets are also known as:

- (a) Energy foods (b) Nutri-cereals (c) Junk foods (d) Protective foods

9. Fats are grouped under which category of food?

- (a) Body-building food (b) Protective food (c) Energy-giving food (d) Roughage

10. Which government agency regulates food quality in India?

- (a) ISRO (b) FSSAI (c) ICMR (d) WHO

B. Fill in the Blanks

1. _____ is an important component of blood, and its deficiency causes anaemia.
2. Exposure to _____ helps our body produce Vitamin D naturally.
3. Deficiency of Vitamin A causes difficulty in seeing in dim light, called _____.
4. Foods high in sugar and fat but low in proteins, vitamins and minerals are called _____ foods.
5. A _____ diet contains all the essential nutrients, roughage and water in the right amounts.
6. Rickets is a disease caused due to the deficiency of Vitamin _____.
7. _____ is the government agency that regulates food quality and safety in India.
8. Milk, paneer, egg and fish are _____ sources of protein.
9. Swelling at the front of the neck is a symptom of _____.
10. The chulha is a _____ stove that was commonly used for cooking in earlier times.

C. True or False

1. James Lind observed that lemons and oranges cured scurvy in sailors. ()
2. Proteins are called energy-giving foods. ()
3. Peanuts show the presence of both protein and fat. ()
4. Vitamin D can be produced by our body upon exposure to sunlight. ()
5. Bleeding gums is a symptom of goitre. ()
6. Potato wafers are a healthy example of a balanced diet. ()
7. Coluthur Gopalan's work led to the Mid-Day Meal Programme in India. ()
8. All carbohydrates are starches. ()
9. FSSAI regulates the quality of food in India. ()
10. Traditional food of a region depends on the crops grown locally. ()

D. Answer in 2 Lines

1. What are nutrients? Name the major nutrients found in our food.

2. What is the difference between a chulha and a modern gas stove?

3. Why do marathon runners drink glucose water during and after a race?

4. What is meant by 'food miles'?

5. Give two symptoms of scurvy.

6. Why should fruits and vegetables be washed thoroughly before eating them?

7. What is a fortified food? Give one example.

8. Name two plant sources and two animal sources of protein.

9. Why are millets called nutri-cereals?

10. What precaution should be taken while handling chemicals during the protein test?

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E. Write Short Notes

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

1. Explain the test used for detecting the presence of protein in food items.

2. Write a short note on junk food and why it should be avoided.

3. Describe the journey of food from farm to plate, using the example of a chapati.

4. Explain why different states of India have different traditional foods.

5. Write a short note on the contribution of Coluthur Gopalan to nutrition research in India.

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ANSWER KEY

Chapter 3: Mindful Eating — Set 2

A. Multiple Choice Questions

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

B. Fill in the Blanks

1. Iron
2. sunlight
3. night blindness
4. junk
5. balanced
6. D
7. FSSAI
8. animal
9. goitre
10. traditional

C. True or False

1. True
2. False — Proteins are called body-building foods.
3. True
4. True
5. False — Bleeding gums is a symptom of scurvy.
6. False — Potato wafers are an example of junk food.
7. True
8. False — All starches are carbohydrates, but not all carbohydrates are starches.
9. True
10. True

D. Answer in 2 Lines

1. Nutrients are food components that provide energy, support growth, help repair the body and protect it from disease. The major nutrients are carbohydrates, proteins, fats, vitamins and minerals.
2. A chulha is a traditional stove that uses wood or biomass fuel, while a gas stove is a modern appliance that uses LPG gas and is quicker and more convenient to use.
3. Glucose is a carbohydrate that is quickly absorbed by the body and gives instant energy, helping the runner recover energy fast.
4. Food miles refer to the entire distance travelled by a food item from the producer (farm) to the consumer (plate).
5. Two symptoms of scurvy are bleeding gums and slow healing of wounds.
6. Washing removes dirt, pesticide residue and germs from the surface of fruits and vegetables, making them safe to eat, though some water-soluble vitamins may be lost.

7. A fortified food is one to which extra nutrients have been added during processing to improve its nutritional value; for example, iodised salt.
8. Plant sources of protein: pulses and peas. Animal sources of protein: egg and fish.
9. Millets are called nutri-cereals because they are rich sources of vitamins, minerals like iron and calcium, and dietary fibre, and support the normal functioning of the body.
10. We should not touch, taste or smell the chemicals used, and should wash immediately with water if any chemical spills on the skin.

E. Short Notes

1.

To test for protein, a paste or powder of the food item is made using a pestle and mortar and placed in a test tube with a little water. Two drops of copper sulfate solution and about ten drops of caustic soda solution are added, and the tube is shaken and left undisturbed for a few minutes. If the content turns violet, it indicates the presence of protein. This test should only be performed under teacher supervision, as the chemicals used are harmful.

2.

Junk foods, such as potato wafers, candy bars and carbonated drinks, have high calories due to high sugar and fat content, but contain very low amounts of proteins, minerals, vitamins and dietary fibre. Eating junk food frequently is unhealthy because it can make a person obese and lead to several other health problems. It is important to eat a balanced diet and avoid junk food to stay healthy, remembering that 'Health is the Ultimate Wealth.'

3.

The journey of chapati from farm to plate involves several steps: a farmer grows wheat; the crop is harvested and then threshed and winnowed to separate the grains; the grains are stored, then transported for grinding and packing into flour; the flour is transported to retail shops; and finally, it is used to make chapatis for our plate. This entire distance travelled is called the food's 'food miles', and reducing it helps cut costs, pollution and supports local farmers.

4.

Different states of India have different traditional foods mainly because the traditional food of a state is usually based on the crops grown there. India has diverse soil types and climatic conditions, so different regions grow different crops. For example, Punjab grows wheat and maize, while Karnataka grows rice and ragi. Along with locally grown crops, taste preferences, culture and traditions of a region also influence its food choices.

5.

Coluthur Gopalan (1918-2019) was an Indian scientist who initiated nutrition research in India. He analysed more than 500 Indian foods for their nutritional value and recommended appropriate diets for the Indian population. He led surveys that identified widespread deficiencies in protein, energy and other nutrients among Indians. His work led to the implementation of the Mid Day Meal Programme in 2002 (now called PM POSHAN), which has improved the health and nutrition of millions of children across India.