

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. Iodised salt helps in preventing:
(a) Scurvy (b) Goitre (c) Rickets (d) Anaemia
2. Which of the following is a good source of fat?
(a) Groundnut (b) Rice (c) Spinach (d) Orange
3. A violet colour formed after adding copper sulfate and caustic soda indicates the presence of:
(a) Starch (b) Fat (c) Protein (d) No nutrient
4. Which of the following also supplies water and other nutrients to our body, apart from drinking water?
(a) Only tea (b) Fruits and vegetables (c) Only milk (d) None of these
5. A diet that has all essential nutrients, roughage and water in the right amounts is called a:
(a) Junk diet (b) Balanced diet (c) Energy diet (d) Protein diet
6. Who initiated nutrition research in India, which eventually led to the Mid-Day Meal Programme?
(a) James Lind (b) Coluthur Gopalan (c) Dr Poshita (d) APJ Abdul Kalam
7. The sil-batta was traditionally used for:
(a) Cooking food (b) Grinding food (c) Storing grain (d) Washing vegetables
8. Which of these is a symptom of scurvy?
(a) Bent bones (b) Bleeding gums (c) Night blindness (d) Swelling in the neck
9. Which nutrient helps the body absorb calcium for bone and teeth health?
(a) Vitamin A (b) Vitamin C (c) Vitamin D (d) Iron
10. Reducing food miles helps to:
(a) increase pollution (b) support local farmers (c) increase cost (d) waste more food

B. Fill in the Blanks

1. An oily patch left on paper when a food item is pressed on it shows the presence of _____.
2. A violet colour appearing after adding copper sulfate and caustic soda solutions indicates the presence of _____.
3. Coluthur Gopalan initiated _____ research in India.
4. The Mid-Day Meal Programme is now known as the _____ scheme.
5. Jowar, bajra, ragi and sanwa are examples of _____.
6. Fruits and vegetables are rich sources of _____.
7. _____ helps our body absorb nutrients from food and removes waste through sweat and urine.
8. Sports persons need _____ in larger quantities to build their muscles.
9. Traditional foods differ from state to state mainly because of the difference in locally grown _____.
10. The nutritional requirement of a person depends on age, gender, physical activity and _____.

C. True or False

1. A blue-black colour with iodine solution indicates the presence of protein. ()
2. Vitamin A deficiency can cause loss of vision. ()
3. Calcium deficiency leads to weak bones and tooth decay. ()
4. Fresh fruit generally contains more fibre than canned fruit juice. ()
5. Beriberi is caused by the deficiency of Vitamin B1. ()
6. Reducing food miles increases pollution. ()
7. Green leafy vegetables are a good source of iron. ()
8. Cooking at high heat can cause the loss of some nutrients, like Vitamin C. ()
9. Millets are also called nutri-cereals. ()
10. Everyone needs exactly the same amount and type of nutrients, regardless of age or health. ()

D. Answer in 2 Lines

1. What is the function of Vitamin A in our body?

2. Why do we need water as a part of our daily diet?

3. What is goitre and what causes it?

4. Differentiate between energy-giving and body-building foods.

5. Why is it not advisable to eat junk food frequently?

6. Name the scientist who initiated nutrition research in India. What did his work lead to?

7. What simple test would you perform to check for starch in a food item?

8. Why does the choice of traditional food vary from state to state in India?

9. What are deficiency diseases? Give one example.

10. Why is it recommended to eat food that is locally grown and plant-based?

E. Write Short Notes

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

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

2. Write a short note on a balanced diet and why it is important.

3. Explain the functions of, and deficiency diseases caused by, Vitamin C and Vitamin D.

4. Describe how the problem of iodine deficiency (goitre) was addressed in India.

5. Write a short note on dietary fibre (roughage) and water as important components of food.

CBSEClassWorksheets

ANSWER KEY

Chapter 3: Mindful Eating — Set 3

A. Multiple Choice Questions

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

B. Fill in the Blanks

1. fat
2. protein
3. nutrition
4. PM POSHAN
5. millets
6. dietary fibre (roughage)
7. Water
8. protein
9. crops
10. health status

C. True or False

1. False — A blue-black colour with iodine solution indicates the presence of starch.
2. True
3. True
4. True
5. True
6. False — Reducing food miles helps cut down pollution and cost.
7. True
8. True
9. True
10. False — Nutrient requirements vary with age, gender, physical activity and health status.

D. Answer in 2 Lines

1. Vitamin A keeps the eyes and skin healthy and prevents night blindness.
2. Water helps the body absorb nutrients from food and removes waste from the body through sweat and urine.
3. Goitre is a disease that causes swelling at the front of the neck. It is caused by a deficiency of iodine in the diet.
4. Energy-giving foods (carbohydrates and fats) provide energy for daily activities, while body-building foods (proteins) help in the growth and repair of the body.
5. Junk food is high in sugar and fat but low in proteins, vitamins, minerals and fibre; eating it frequently can lead to obesity and other health problems.
6. Coluthur Gopalan initiated nutrition research in India; his work led to the Mid Day Meal Programme (now PM POSHAN), which improved the nutrition of millions of school children.
7. Put 2-3 drops of diluted iodine solution on the food item; a blue-black colour indicates the presence of starch.

8. Traditional food varies because it is usually based on the crops grown locally, which depend on the soil and climate of that region, along with local taste, culture and traditions.
9. Deficiency diseases are diseases caused by the long-term lack of one or more nutrients in the diet; for example, scurvy is caused by Vitamin C deficiency.
10. Locally grown, plant-based food reduces food miles, is fresher and healthier, and is also better for the environment and the planet.

E. Short Notes

1.

To test for fat, a small piece of the food item is placed on a piece of paper, which is then wrapped around the food and pressed, without tearing it. If the food item contains water, the paper is allowed to dry. If the paper develops an oily patch, and light shines faintly through this patch when held up to the light, it shows that the food item contains fat. Items such as butter, coconut and groundnut show this positive result.

2.

A balanced diet is a diet that contains all essential nutrients — carbohydrates, proteins, fats, vitamins and minerals — along with adequate roughage and water, in the right amounts needed for proper growth and development. Requirements vary from person to person based on age, gender, physical activity and health status. Eating a balanced diet keeps the body healthy, helps it grow properly, and protects it from deficiency diseases, while avoiding junk food further supports good health.

3.

Vitamin C helps the body fight diseases; its deficiency causes scurvy, with symptoms like bleeding gums and slow healing of wounds. Good sources of Vitamin C include amla, guava, green chilli, orange and lemon. Vitamin D helps the body absorb calcium for healthy bones and teeth; its deficiency causes rickets, with symptoms like soft and bent bones. Sources of Vitamin D include exposure to sunlight, milk, butter, fish and eggs.

4.

In the 1960s, people in the Himalayan region and Northern plains of India showed swelling at the front of the neck, a symptom of goitre, due to iodine deficiency in the local soil, food and water. To address this, the Government of India made it mandatory to supplement common salt with iodine to prepare iodised salt. Consuming iodised salt visibly reduced the symptoms of goitre among the affected population.

5.

Dietary fibre, also called roughage, does not provide any nutrients to the body, but it is an essential part of our food as it helps in the smooth passage of stools and prevents constipation. It mainly comes from plant products like fruits, vegetables, wholegrains, pulses and nuts. Water is equally important, as it helps the body absorb nutrients from food and removes waste through sweat and urine; we should drink enough water regularly to stay healthy.