

CBSE CLASS 6 — SCIENCE

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

Practice Worksheet –Picture Based Questions

Name:

Section:

Date:

Picture Based Questions

Picture 1



Fig. 3.1: Change in cooking tools over time — (a) Chulha (b) Modern gas stove

a) Identify the two cooking tools shown in the picture.

b) Which one was used earlier, and which one is commonly used now?

c) Name one reason why cooking practices have changed over time.

d) Which of the two tools shown represents a 'modern' cooking practice?

e) Give one advantage of the tool used nowadays over the traditional one.

f) Name one other traditional cooking or grinding tool mentioned in your chapter.

g) What kind of fuel is typically used in the tool shown in (a)?

h) State one possible disadvantage of using tool (a) compared to tool (b).

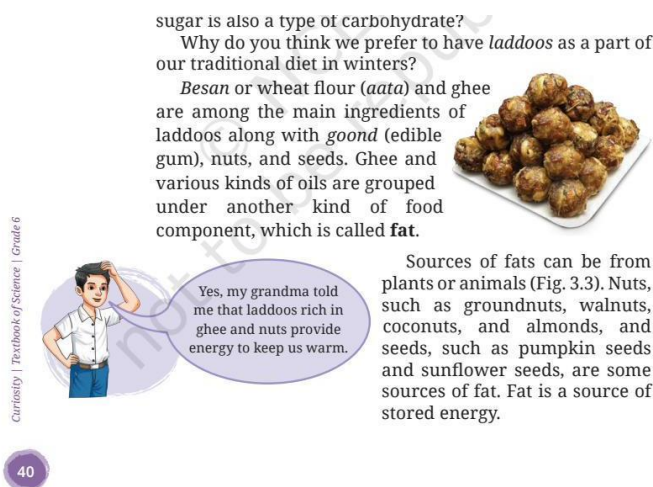
Picture 2

Fig. 3.2: Some sources of carbohydrates

a) Identify the food component whose sources are shown in this picture.

b) Name any three food items shown in the picture.

c) Why are these foods also called 'energy-giving foods'?

d) If a person eats too much of these foods without enough physical activity, what could be a possible health effect?

Picture 3

Mineral)	Functions	Some sources	disorder	Symptoms
Vitamin A	Keeps eyes and skin healthy	Papaya, carrot, mango, milk	Loss of vision	Poor vision, loss of vision in darkness (night blindness), sometimes complete loss of vision
Vitamin B ₁	Keeps heart healthy and supports body to perform various functions	Legumes, nuts, whole grains, seeds, milk products	Beriberi	Swelling, tingling or burning sensation in feet and hands, trouble in breathing
Vitamin C	Helps body to fight diseases	Amla, guava, green chilli, orange, lemon	Scurvy	Bleeding gums, slow healing of wounds
Vitamin D	Helps body absorb calcium for bone and teeth health	Exposure to sunlight, milk, butter, fish, eggs	Rickets	Soft and bent bones
Calcium	Keeps bones and teeth healthy	Milk/soya milk, curd, cheese, paneer	Bone and tooth decay	Weak bones, tooth decay
Iodine	Helps to perform physical and mental activities	Seaweed, water chestnut (singhada), iodised salt	Goitre	Swelling at the front of the neck
Iron	Important component of blood	Green leafy vegetables, beetroot, pomegranate	Anaemia	Weakness, shortness of breath

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Fig. 3.5: Chart of vitamins and minerals, their functions, some sources,

Fig. 3.5: Chart of vitamins and minerals, their functions, sources and deficiency diseases

a) Name any two vitamins listed in this chart.

b) Which deficiency disease is linked with Vitamin C, as per the chart?

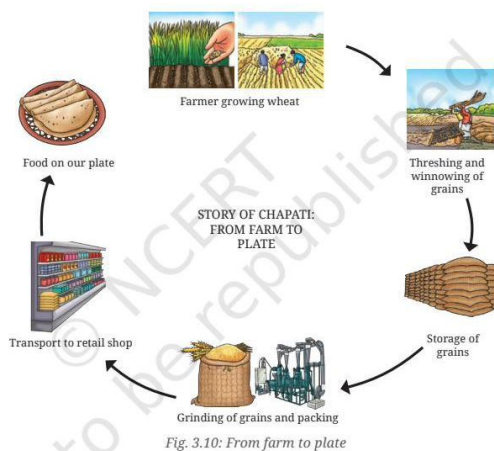
c) Name the mineral in the chart whose deficiency causes anaemia.

d) Deficiency of which vitamin causes 'beriberi', as per the chart?

e) Name one source and one deficiency symptom of iodine, from the chart.

f) Which two components in this chart are minerals rather than vitamins?

Picture 4



The entire distance travelled by a bag of wheat or any other food item, from the producer to the consumer, is known as its **food miles**. Reducing food miles is important because it helps to cut down the cost and pollution during its transport; it helps support local farmers; and it also keeps our food fresh and healthy.

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Fig. 3.10: From farm to plate — the story of chapati

- What process is shown in this picture, from start to end?
- Name any two steps involved between the farmer growing wheat and the food reaching our plate.
- What term is used for the distance food travels from farm to plate?
- At which stage is the wheat converted into flour?
- Name the last two steps before the chapati reaches our plate.
- How does buying locally grown food help reduce the journey shown in this picture?

Picture 5

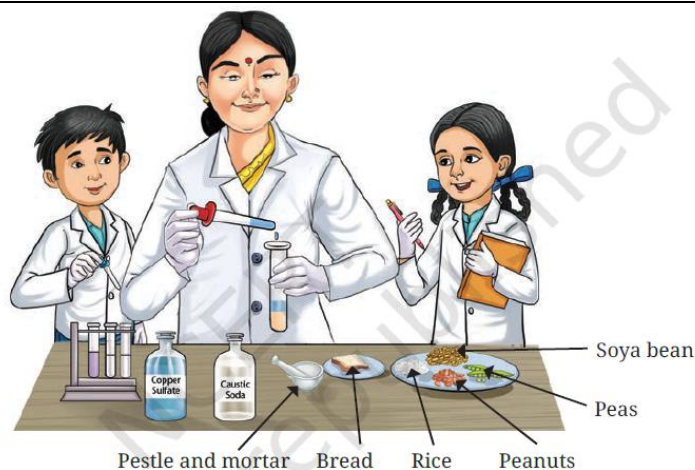


Fig. 3.8: Testing for the presence of protein in various food items

- What food items are being tested in this picture?
- Which nutrient is being tested for here?
- What colour change would indicate a positive result for this test?
- Name any two food items in the picture that could be tested for protein.
- What is added to the food sample before it is tested for protein?

Picture 6



Fig. 3.7: Testing for the presence of starch in various food items

- Which solution is used to test the presence of starch in food?
- What colour appears if starch is present in a food item?
- Which laboratory tool is used to add iodine solution to the food sample?
- Which nutrient is identified using the iodine test?

ANSWER KEY

Picture Based Questions

Picture 1:

- a) The two tools shown are (a) chulha and (b) modern gas stove.
- b) The chulha was used earlier, and the modern gas stove is commonly used now.
- c) Cooking practices have changed due to technological development, improved transportation and better communication.
- d) The modern gas stove (b) represents a modern cooking practice.
- e) The gas stove is quicker, cleaner and more convenient to use than a traditional chulha.
- f) The sil-batta (traditional stone grinder) is another example of a traditional cooking/grinding tool.
- g) The chulha typically uses wood, dung cakes or other biomass as fuel.
- h) A disadvantage of the chulha is that it produces smoke and takes longer to cook compared to a gas stove.

Picture 2:

- a) The picture shows sources of carbohydrates.
- b) Any three: potato, sugarcane, banana, pineapple, sweet potato, wheat, rice, bajra, maize, mango.
- c) They are called energy-giving foods because carbohydrates are a primary source of energy that helps the body perform daily activities.
- d) c) Eating too many carbohydrate-rich foods without enough physical activity could lead to weight gain or obesity.

Picture 3:

- a) Any two: Vitamin A, Vitamin B1, Vitamin C, Vitamin D (or minerals: Calcium, Iodine, Iron).
- b) The deficiency disease linked with Vitamin C is scurvy.
- c) The mineral whose deficiency causes anaemia is Iron.
- d) The deficiency of Vitamin B1 causes beriberi, as per the chart.
- e) One source of iodine is seaweed, water chestnut (singhada) or iodised salt; one deficiency symptom is swelling at the front of the neck.
- f) Calcium and iodine (and iron) are minerals in this chart, rather than vitamins.

Picture 4:

- a) The picture shows the journey of wheat from the farm to our plate as chapati (food miles).
- b) Any two: farmer growing wheat, threshing and winnowing of grains, storage of grains, grinding of grains and packing, transport to retail shop.
- c) This distance is called 'food miles'.
- d) The wheat is converted into flour at the grinding and packing stage.
- e) The last two steps are transport to the retail shop, followed by the food reaching our plate.
- f) Buying locally grown food reduces the distance the food has to travel, thereby shortening the journey shown in the picture (reducing food miles).

Picture 5:

- a) Food items such as bread, rice and peanuts (and pulses like peas, soya bean) are being tested.
- b) The nutrient being tested for is protein.
- c) A violet colour appearing in the test tube indicates a positive result for protein.
- d) Any two: bread, rice, peanuts, peas, soya bean.
- e) Water is added, followed by two drops of copper sulfate solution and about ten drops of caustic soda solution.
- f) A violet colour indicates a positive protein test result.

Picture 6:

- a) Iodine
- b) Blue-black
- c) Dropper
- d) Startch