



## INDIAN SCHOOL AL WADI AL KABIR



<b>CLASS: VI</b>	<b>DEPARTMENT: SCIENCE</b> <b>2025-26</b>	<b>DATE: 08/05/2025</b>
<b>WORKSHEET NO: 3</b>	<b>TOPIC: MINDFUL EATING: A PATH TO A HEALTHY BODY</b>	<b>NOTE: A4 FILE FORMAT</b>
<b>CLASS &amp; SEC:</b>	<b>NAME OF THE STUDENT:</b>	<b>ROLL NO.</b>

### **I OBJECTIVE-TYPE QUESTIONS:**

- Which of the following is another name for cooking practices?
  - Food Preservation
  - Nutritional Science
  - Culinary Practices
  - Fermentation
- Which of the following crops are locally grown in Punjab?
  - Maize and Wheat
  - Coconut and Tea
  - Jute and Coffee
  - Rice and Bamboo
- What is the main source of fats in traditional dishes like laddoos?
  - Rice
  - Ghee
  - Sugar
  - Tomato
- Which mineral is essential for the formation of haemoglobin, an important component of blood?
  - Iron
  - Iodine
  - Calcium
  - Potassium

5. An individual consumes a diet rich in fats, carbohydrates, and proteins but fails to incorporate an adequate amount of fluids. What will be the likely effect on the body if the individual continues with the same diet?
  - a) The body will show rapid growth and development.
  - b) The body will eliminate all the nutrients from the body.
  - c) The body will reduce the output of sweat and urine.
  - d) The body will readily digest the consumed food.
6. Roshan wants to build his muscles and thus joined a gymnasium. What changes should Roshan include in his diet to build strong muscles?
  - a) Eat more carbohydrate-rich foods.
  - b) Eat more protein-rich foods.
  - c) Eat more vitamin-rich foods.
  - d) Eat more fat-rich foods.
7. What does the term "food miles" refer to?
  - a) The number of calories in a food item.
  - b) The distance food travels from farm to table.
  - c) The number of nutrients in food.
  - d) The weight of food transported.

*For question numbers 8-10, two statements are given- one labelled Assertion (A) and the other labelled Reason (R). Select the correct answer to these questions from the codes (i), (ii), (iii), and (iv) as given below -*

- i) Both A and R are true, and R is the correct explanation of the assertion.**
- ii) Both A and R are true, but R is not the correct explanation of the assertion.**
- iii) A is true, but R is false.**
- iv) A is false, but R is true**

8. **Assertion (A):** Millets contribute to a balanced diet required for the normal functioning of our body.  
**Reason (R):** Millets are mainly composed of simple sugars, making them suitable for a healthy diet.
9. **Assertion (A):** Junk foods are healthy for the body and should be consumed regularly.  
**Reason (R):** Consuming junk food frequently can lead to obesity and other health problems due to low nutritional value.
10. **Assertion (A):** Avoid washing of vegetables and fruits after cutting and peeling.  
**Reason (R):** It will lead to a loss of some vitamins.

## **II. VERY SHORT ANSWER TYPE QUESTIONS (2M):**

1. a) Name the major components present in food.

**Hint: The major components present in food are carbohydrates, fats, proteins, vitamins and minerals.**

- b) Why does food choice vary in different regions of India?

**Hint: The choice of food in different regions of India varies due to factors such as the cultivation of food crops suited to the local soil and climate, taste preferences, cultural influences, and regional traditions.**

2. a) Why do polar bears accumulate fat under their skin, and how does it help them during hibernation?

**Hint: Polar bears accumulate fat under their skin to serve as an energy source. This fat helps them survive during their monthslong winter sleep (hibernation) by providing the necessary energy, as they do not eat during this period.**

3. What is roughage? Why is it necessary to include roughage-containing food in our diet?

**Hint: Roughage or dietary fibre refers to the parts of plant-based foods that our body cannot digest or absorb. It does not provide any nutrients to our body, but it is an essential component of our food. It adds bulk to our food. It helps our body to get rid of undigested food and ensure the smooth passage of stools.**

4. Why do you think laddoos are commonly included in our traditional diet during winter?

**Hint: Laddoos are commonly included in our traditional diet during winter because they are made from ingredients like ghee and nuts, which provide warmth and energy to the body. These ingredients help maintain body heat and boost immunity during the colder months.**

5. Where do mushrooms mostly grow, and how are edible mushrooms beneficial for us?

**Hint: Mushrooms mostly grow in dark and moist places. Edible mushrooms are beneficial because they are a good source of protein, which helps in body growth and repair.**

6. a) How have culinary practices changed from traditional to modern times?

**Hint: Culinary practices have evolved significantly over time. Earlier, cooking was done using a chulha, whereas now most people use modern gas stoves. Similarly, grinding was traditionally done manually using a sil-batta, but today, electric grinders are commonly used for convenience and efficiency.**

b) Why have the culinary practices changed over time?

**Hint: The culinary practices changed over time may be due to factors such as technological development, improved transportation, and better communication.**

### **III. SHORT ANSWER TYPE QUESTIONS: (3M)**

1. a) What are nutrients?

b) Name two energy-producing nutrients.

c) Mention two nutrients that cannot be obtained from plants and animals.

**Hint: a) Food components that provide energy, support growth, help repair and protect our body from diseases, and maintain various bodily functions are called nutrients.**

**b) Carbohydrates, Fats**

**c) Nutrients like salt can be obtained from seawater or rocks. Vitamin D can be naturally produced by our body upon exposure to sunlight.**

2. a) What are millets?

b) Why are they considered an important part of the Indian diet?

c) Why are they called nutri-cereals?

**Hint: a) Millets are small-sized grains that are highly nutritious, native to India, and can be cultivated in different climatic conditions. Eg Jowar, Ragi, bajra**

**b) They have been an integral part of the Indian diet for centuries due to their high nutritional value and ability to grow in diverse environments.**

**c) Millets are called nutri-cereals because they are rich in vitamins, minerals like iron and calcium, and dietary fibers. These nutrients help in maintaining good health, improving digestion, and supporting overall body functions, making them an essential part of a balanced diet.**

3. a) What are deficiency diseases?

b) A few sailors, after sailing for a month at sea, started suffering from bleeding gums.

i) Which nutrient do you think was missing from their diet?

ii) Name the disease they are suffering from.

iii) Name any three sources of the above-mentioned nutrient.

**Hint: a) Diseases that occur due to a lack of nutrients over a long period are called deficiency diseases**

**b) i) The missing nutrient from their diet is Vitamin C.**

**ii) They are suffering from Scurvy.**

**iii) Three sources of Vitamin C are: Oranges, Lemons, and Amla.**

4. a) What is a balanced diet?

b) Why do we consider proteins as the 'body-building food'?

c) Observe Figure A and answer the following questions:



**A**

- i) Identify the disease the person is suffering from in A
- ii) The deficiency of which mineral/vitamin leads to this condition.
- iii) What are the symptoms of the disease shown in A
- iv) Explain why people who eat seafood do not suffer from goitre.  
**Hint: a) A diet that has all essential nutrients, roughage, and water in the right amount for proper growth and development of the body is known as a balanced diet.**  
**b) Proteins are required for making new cells. Thus, it helps in the growth and repair of our body and also the development of muscles.**  
**c) i) A-Goitre ii) A-Iodine iii) Glands in the neck appear swollen**  
**iv) Seafood is a rich source of iodine and prevents the occurrence of goitre.**
5. a) Why is it important to avoid food wastage?  
b) Suggest one effective way to minimize food wastage.  
**Hint: Food wastage should be avoided because it disrespects the effort of farmers and other workers involved in food production.**  
**b) We must take only as much food as we can consume. It would reduce food wastage.**
6. Give reasons:
  - a) Food should not be overcooked.  
**Hint: The essential nutrients, like vitamin C, will get destroyed on heating. The taste of the food will be affected.**
  - b) We should prefer consuming whole fruit instead of fruit juices.  
**Hint: Fruits contain dietary fibre, whereas fruit juices do not contain fibre.**
  - c) An athlete is usually given glucose after a race.  
**Hint: Glucose provides instant energy.**
  - d) Our body will not function without sufficient water.  
**Hint: Water is essential for absorbing nutrients from the food, and also helps in the removal of waste materials from our body in the form of urine and sweat.**
  - d) Minerals and vitamins are needed in very small quantities compared to other nutrients. Yet they are an important part of a balanced diet.  
**Hint: Protects our body from diseases, helps in growth, and maintains good health.**

#### **IV. LONG ANSWER TYPE QUESTIONS (5M):**

1. Explain the procedure and observation to test the presence of proteins in the given sample of food item.

**Hint: Procedure**

**Take the food items to be tested. Crush them into a paste or powder using a pestle and mortar. Transfer about half a teaspoon of each food sample into separate clean test tubes. Add 2–3 teaspoons of water to each test tube and shake well to dissolve the sample. Using a dropper, add two drops of copper sulphate solution to each test tube. Take another dropper and add 10 drops of caustic soda solution to each tube. Shake the test tubes gently and let them sit undisturbed for a few minutes. Observe the colour change.**

**Observation: If a violet colour appears, it confirms the presence of proteins in the food sample.**

2. a) What are food miles, and why is reducing them important?  
b) What are the key stages involved in the journey of food from the farm to our plate, using chapati as an example?

**Hint: a) The entire distance travelled by any 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 fresher and healthier.**

**b) Farmers grow wheat in fields by preparing the soil, sowing seeds, and nurturing the crop with proper irrigation and fertilization. Once the wheat is fully grown, it is harvested, followed by threshing, winnowing, and storage of the grains. The stored grains are then sent to mills, where they are ground into flour (atta). The packaged flour is distributed to retail shops and eventually reaches our homes, where it is prepared as food and served on our plates.**

#### **V. CASE STUDY- BASED QUESTIONS/PASSAGE-BASED QUESTIONS:**

1. During Science Week at Indraprastha School, the science teacher held a session in a nearby slum, highlighting the importance of milk for growth and strong bones. She encouraged students to drink a glass daily, as milk is an excellent source of vitamins, minerals, and especially calcium, which helps in building strong bones and teeth. The teacher also shared information about Coluthur Gopalan, a pioneer in nutrition research in India. His work led to the introduction of the Mid-Day Meal Programme in 2002, now called PM POSHAN, which aims to provide nutritious meals in government schools to improve children's health across the country. It also aims to enhance the health, nutrition, and learning outcomes of children, encourage school attendance, and reduce malnutrition across the country.

- i) Why did the teacher stress the importance of drinking milk?

**Hint: Milk is an excellent source of vitamins, minerals, and especially calcium, which helps in building strong bones and teeth.**

- ii) Write any two plant and animal sources of protein-rich foods.

**Hint: Plant sources of protein are pulses, beans, peas, and nuts.**

**Animal sources of protein are milk, paneer, egg, fish, and meat.**

iii) What is the aim of the mid-day meal or PM POSHAN programme?

**Hint: Aims to provide nutritious meals in government schools to improve children's health across the country. It also aims to enhance the health, nutrition, and learning outcomes of children, encourage school attendance, and reduce malnutrition across the country.**

### **MCQ ANSWERS**

**1.(c) 2.(a)3.(b)4.(a)5.(c)6.(b)7.(b)8.(iii)9.(iv)10.(i)**

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